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50 cents tax included

The Ukiah

Mendocino County's  
local newspaper

# DAILY JOURNAL



Tomorrow:  
Mostly sunny

**TUESDAY**  
Aug. 14, 2007

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Zack Sampsel/The Daily Journal

An MTA bus drops people off at Mendocino College Monday afternoon. MTA will now be offering evening service to and from the college.

## Night bus on the way

MTA announces  
later schedule  
for Local 9

By ZACK SAMPSEL  
The Daily Journal

The Mendocino Transit Authority bus drivers will be making it a late night this fall, now that MTA offers evening service to Mendocino College. MTA is providing students at Mendocino College and throughout the community a chance to get to and from class or go shopping -- all at night.

"I think it's a good idea for people who would want to ride at night," said Sarah Timm, who will begin attending the college this fall.

Beginning Monday, August 20, MTA will start a new evening bus service, the Local 9, until 11 p.m. Mondays through Fridays. The new service, which had been discussed between MTA and the college for years, will follow the same route the Local 9 service currently operates between 6:35 a.m. and 5:43 p.m. on weekdays. But with the new nighttime Local 9 service, buses will begin arriving at the college at 5:55 p.m. Monday through Friday to make it to



Signs like this one are displayed all around the Mendocino College campus to remind students of the Local 9 evening service.

their evening classes that typically begin at 6:30 p.m. each night.

"I think it's a great opportunity for us to better serve our students," said Jim Mastin, director of auxiliary services for Mendocino College and chairman of the MTA board. "It's a better opportunity to serve our riders, not just those going to the college, but the entire community. It gives us a great opportunity to serve our riders to shop in the evening, move people around and get them out of their cars. And for those who don't have cars, it gives them an opportunity to extend their day."

The Local 9 service, funded by a

\$93,000 Federal Transit Administration Job Access Reverse Commute grant, will still charge the same fares as the afternoon service for those riding between South State Street and the college.

"I think this is definitely a good idea," said Caleb Meek, who will begin attending the college this fall. "I could see how it would work, and if worst came to worst, it would be a good option for me at least."

Ultimately the evening service is a great opportunity for people who work during the days to attend college classes they might not be able to attend without public transportation in the evenings. The evening service also frees up some students to be able to spread their schedule across the day.

Around local bus stops there is a buzz of excitement about the evening service. Bus riders could be heard talking about MTA, the great service it offers and their own excitement for the continued service.

The Local 9 evening route is scheduled to run through December 2, when the next schedule is announced.

For more detailed information regarding the new 9 Local evening service, please call 462-5765 for assistance.

Zack Sampsel can be reached at udjzs@pacific.net.

## City Council to take another stab at UVAP position

By ZACK SAMPSEL  
The Daily Journal

The Ukiah City Council will use its meeting Wednesday night as a last chance to discuss a preferred alternative land use scenario for the Ukiah Valley Area Plan before presenting its findings to the Board of Supervisors August 21.

The rezoning of land throughout the UVAP will be one of the main areas of discussion during the meeting. The council will look at three different alternatives for land use within the UVAP, which reflects the Board of Supervisors' requests and discussion from its June 26 meeting.

The UVAP, when adopted, is supposed to guide how land is used in the valley for the next 20 years, including location and type of development, transportation systems and community livability and design. The current reassessment, a three-phase process revisiting a draft UVAP tentatively adopted in 2003, was initiated after citizens brought concerns about large-scale developments proposed in the valley.

And it's public opinion that will continue to help shape the discussion. Wednesday's council meeting will also take in to account input from the public at tonight's UVAP Open House, taking place from 6-8 p.m. at the Conference Center on School Street. The UVAP open house, hosted by the Mendocino County Planning Team and its consultants Moore, Iacafano and Goltzman, will offer the public a chance to learn about the vision for the UVAP while also providing input before the Board of Supervisors makes its intentions clear about the UVAP.

It's expected that the county board will select a preferred alternative land use scenario -- the basis for preparing a revised draft UVAP and environmental impact report -- during its August 21 meeting. That's when the board will give its first hint as to whether it will approve the rezoning request from a large mall developer to change the Masonite plant site from an industrial to a commercial property.

Zack Sampsel can be reached at udjzs@pacific.net

## Gualala sex offender arrested

The Daily Journal

The Mendocino County Sheriff's Department arrested Anthony Mondragon, 27, of Gualala at 5:34 a.m. Saturday on suspicion of rape and failure to register as a sex offender.

The unnamed victim reported on Friday to the MCSO that she was being stalked by Mondragon. While police investigated the complaint, the victim reported that Mondragon had forcibly raped her in December of 2005.

A follow-up investigation by the Mendocino County Deputy Sheriff's revealed evi-

dence that the rape did occur and was committed by Mondragon. Mondragon was then arrested on suspicion of rape.

Further investigation by the MCSO showed that Mondragon was classified by the State of California as a sex offender and was required to register. Mondragon had not registered and was subsequently booked on suspicion of failure to register as a sex offender.

Mondragon was transported to the Mendocino County Jail with a bail set at \$100,000.

## Blogger boosting GOP budget battle

By MIKE ZAPLER  
MediaNews  
Sacramento Bureau

IRVINE - There's plenty of handwringing in the press about why the state still doesn't have a budget six weeks into the fiscal year. But one member of the media is delighting in the standoff and playing an oversized role in keeping it going: a 39-year-old conservative blogger who spends hours of his workday in bed typing away on an aging Dell laptop, hundreds of miles from the Capitol.

Jon Fleischman has never aspired to be a reporter; "fair and balanced" is decidedly not his thing. "I don't pretend to be objective," the longtime GOP activist said last week in his modest tract home in Orange County, a.k.a. blog headquarters. "I operate under the premise that conservatives are right and liberals are

wrong."

It is precisely that attitude that has made his nearly 2-year-old Web site, Flash Report, a powerful bully pulpit during the six-week budget impasse.

"Once the budget is approved, you will all be rele-

See BLOGGER, Page 14

## Smaller Willits bypass plans to be discussed

By ZACK SAMPSEL  
The Daily Journal

Plans for the scaled down Willits Bypass will be discussed at an open house in Willits Aug. 22.

The public meeting will be held from 4:30 -7:30 p.m. that Wednesday at the Willits City Hall Community Center, 111 E. Commercial St.

The public is invited to visit the open house for a chance to view displays and maps for the project. As well, the open house will serve as a chance for the public to discuss the project firsthand with Caltrans staff including pro-

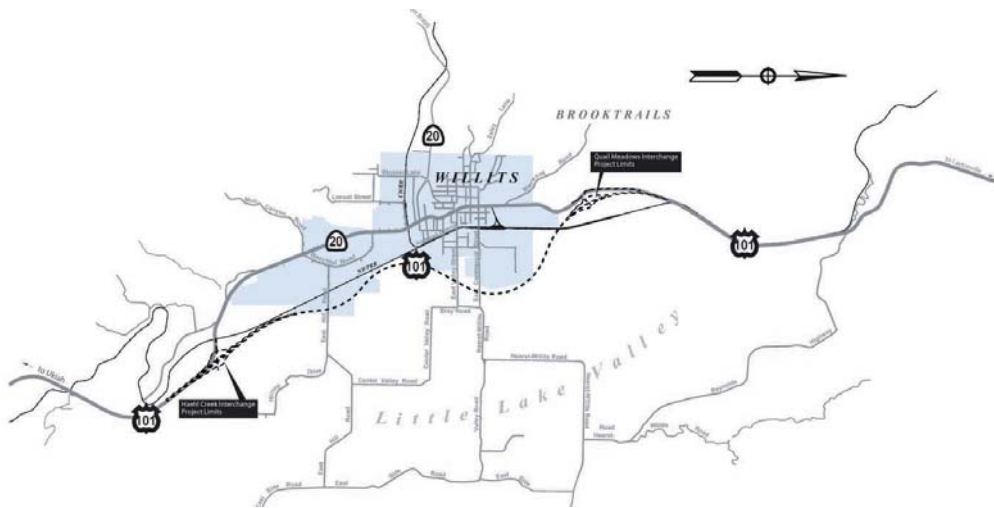


Image submitted by Caltrans

The proposed Willits Bypass map depicts the Willits city limits and the current route of US 101. The dotted line indicates the proposed route of the bypass.

See BYPASS, Page 14



The world briefly

Rove leaving Bush administration

WASHINGTON (AP) - Karl Rove, the political mastermind behind President Bush's races for the White House and an adviser with unparalleled influence over the past 6 1/2 turbulent years, announced his resignation Monday, ending a partnership stretching back more than three decades.

It was a major loss for Bush as he heads into the twilight of his presidency, battered in the polls, facing a hostile Democratic Congress and waging an unpopular war. A half dozen other senior advisers have left in recent months, forcing the White House to rebuild its staff at the same time the president is running out of influence.

"I'll be on the road behind you here in a little bit," said a rueful Bush, announcing the departure alongside Rove on the White House South Lawn. Bush leaves office Jan. 20, 2009.

Bush nicknamed Rove "the architect" and "boy genius" for successfully plotting two national election strategies and helping strengthen Republican majorities in Congress in 2002 and 2004.

Critics derisively called him "Bush's brain." During Bush's presidency, he has been one of Washington's most powerful and controversial figures.

The president appeared glum as he joined Rove for the announcement. "Karl Rove is moving on down the road," Bush said. "We've been friends for a long time, and we're still going to be friends. I would call Karl Rove a dear friend."

Utah mine video shows no sign of missing miners

HUNTINGTON, Utah (AP) - Ghostly video images from deep underground showed shards of broken rock, a twisted conveyor belt and dripping water but no signs of life as the arduous search for six missing miners stretched Monday into a second week.

Even as the grainy footage played for reporters, the mine's co-owner insisted there was reason to believe the miners could be alive - the mine's roof was intact, there was abundant open space and plenty of drinkable water.

"There are many reason to have hope still," said Bob Murray, head of Murray Energy Corp. and co-owner of the mine.

But he acknowledged the search, which has been interrupted by additional cave-ins and two 1,800-foot holes that came up empty and prolonged silence from underground, has not gone as smoothly as planned.

"Progress is slow - way too slow."

Chinese-made toothpaste recalled

INDIANAPOLIS (AP) — A chemical that thickens antifreeze has turned up again

in a Chinese-made toothpaste, this time under a brand that serves luxury hotels around the world. Gilchrist & Soames said Monday it is recalling its 18-milliliter or 0.65-ounce tubes of complementary toothpaste with the company name on it. The company said some samples showed the toothpaste contained diethylene glycol, a chemical that can lead to liver and kidney damage.

It was the latest in a series of recalls of Chinese-made goods — toothpaste, children's toys, tires and pet food — because of manufacturing methods that many say are shoddy or dangerous.

Iraqi minister calls a political summit

BAGHDAD (AP) - Iraq's prime minister appeared to clear the way Monday - with a last-minute push from the U.S. ambassador - for a crisis council that seeks to save his crumbling government.

The U.S. military, meanwhile, announced a third major operation since additional U.S. troops arrived and said it would target al-Qaida in Iraq and Iranian-allied Shiite militia fighters nationwide. The military gave few other details.

But the sinking fortunes of Prime Minister Nouri al-Maliki and his Shiite-led administration have become something of a second front for Washington.

Al-Maliki's government - a shaky coalition of Shiites, Sunnis and Kurds - has been gutted by boycotts and defections. A full-scale disintegration could touch off power grabs on all sides and seriously complicate U.S.-led efforts to stabilize Iraq.

Al-Maliki has struggled over the past days to pull together a summit of Iraq's main religious and ethnic groups. The meeting finally appeared likely after U.S. Ambassador Ryan Crocker called on Vice President Tariq al-Hashemi, the lone Sunni Arab invited to the talks that are scheduled for Tuesday. Al-Hashemi's attendance had been in question.

GOP hopeful Mitt Romney worth as much as \$250M

WASHINGTON (AP) - Republican presidential candidate Mitt Romney, the wealthiest White House contender from either party, is worth as much as \$250 million, according to information released by his campaign Monday.

The former venture capitalist's wealth - reported in a range of \$190 million to \$250 million - is spread throughout a dizzying array of investments, that include banks, large investment management firms, foreign export credit corporations and real estate.

Romney reported the details of his wealth in a personal financial disclosure report filed Monday with the Federal Election Commission and the U.S. Office of Government Ethics. Presidential candidates had

been required to file such disclosures by May 15, but Romney asked for two 45-day extensions to obtain detailed values of his and his wife's blind trusts.

The report offers the most detailed public look yet at the finances of the former Massachusetts governor, who has refused to release his income tax returns, and who previously filed only state financial disclosure forms that described his holdings in the most general terms. His most recent Massachusetts report, filed in May for calendar 2006, was only 10 pages long, compared with the 47-page federal report.

Gunman in church charged with murder

NEOSHO, Mo. (AP) - Prosecutors filed three murder charges Monday against a Micronesian man accused of opening fire in a church, killing three people and wounding five others during a service for a mostly Micronesian congregation.

Prosecutors also charged the man, Eiken Elam Saimon, 52, with assault, felonious restraint for holding the congregation hostage, and armed criminal action. Another assault charge was pending, Newton County Prosecutor Scott Watson said.

At a news conference, police and prosecutors declined to discuss the motive. But Watson told The Associated Press earlier Monday that the alleged gunman had targeted congregation leaders.

"I think that you'll find that the victims were what some would term elders or leaders (of the Micronesian congregation)," Watson told The Associated Press earlier in the day. "As information continues to come forward, it appears that the shots that were fired were not random."

The victims were not friends or relatives of the gunman, Watson said.

Laser scans of life masks show defect on Lincoln's face

CHICAGO (AP) - Artists, sculptors and photographers knew Abraham Lincoln's face had a good side. Now it's confirmed by science. Laser scans of two life masks, made from plaster casts of Lincoln's face, reveal the 16th president's unusual degree of facial asymmetry, according to a new study.

The left side of Lincoln's face was much smaller than the right, an aberration called cranial facial microsomia. The defect joins a long list of ailments - including smallpox, heart illness and depression - that modern doctors have diagnosed in Lincoln.

Lincoln's contemporaries noted his left eye at times drifted upward independently of his right eye, a condition now termed strabismus. Lincoln's smaller left eye socket may have displaced a muscle controlling vertical movement, said Dr. Ronald

DEATH NOTICES

Robert H. Chase, 93, died on July 11, 2007, in Ukiah. He was born in New Mexico on June 27, 1914. A memorial service will be held on Saturday, September 8, at 1 p.m., at the Willits Methodist Church. Arrangements are under the direction of Eversole mortuary.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

ARREST -- Sergio Cardenas, 19, of Ukiah, was arrested on suspicion of driving while under the influence at the intersection of Ford and Sidnie streets at 12:38 a.m. Sunday.

SHERIFF'S REPORTS

The following were compiled from reports prepared by the Mendocino County Sheriff's Office:

BOOKED -- Victor Hebert, 51, of Willits, was booked into jail on suspicion of driving while under the influence and driving with a suspended privileges at 1:58 a.m. Saturday.

BOOKED -- Brandy Lawrence, 30, of Boonville, was booked into jail on suspicion of driving while under the influence at 2:41 a.m. Saturday.

BOOKED -- Glenn Bossom, 45, of Covelo, was booked into jail on suspicion

of driving while under the influence at 9:08 a.m. Saturday.

BOOKED -- Arturo Lua, 31, of Ukiah, was booked into jail on suspicion of driving while under the influence, driving without a license and presenting false ID to a peace officer at 11:15 a.m. Saturday.

BOOKED -- Anthony Gonzales, 22, of Ukiah, was booked into jail on suspicion of battery and disorderly conduct at 11:56 a.m. Saturday.

BOOKED -- Gene Retzloff, 53, of Ukiah, was booked into jail on suspicion of driving while under the influence, driving with suspended privileges, probation violation and a fourth conviction in seven years at 2:43 p.m. Saturday.

BOOKED -- Susan Mitchum, 42, of Willits, was booked into jail on suspicion of inflicting corporal injury at 2:45 p.m. Saturday.

BOOKED -- Douglass Toggett, 41, of Fort Bragg, was booked into jail on suspicion of assault with a deadly weapon and a terrorist threat at 5:10 p.m. Saturday.

BOOKED -- Guillermo Barraeta, 34, of Ukiah, was booked into jail on suspicion of driving while under the influence and unlawful to drive at 11:38 p.m. Saturday.

BOOKED -- Armando Gonzalez, 42, of Ukiah, was booked into jail on suspicion of driving while under the influence at 1:04 a.m. Sunday.

BOOKED -- Marcos Erostico, 24, of Ukiah, was booked into jail on suspicion of battery at 9:58 a.m. Sunday.

BOOKED -- Samuel Cookson, 25, of Covelo, was booked into jail on suspicion of driving while under the influence, possession of para-

phenalia and being under the influence of a controlled substance at 10:14 a.m. Sunday.

BOOKED -- Guadalupe Castro, 52, of Hopland was booked into jail on suspicion of driving while under the influence at 11:38 p.m. Sunday.

Those arrested by law enforcement officers are innocent until proven guilty. People reported as having been arrested may contact the Daily Journal once their case has been concluded so the results can be reported. Those who feel the information is in error should contact the appropriate agency. In the case of those arrested on suspicion of driving under the influence of an intoxicant: all DUI cases reported by law enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

FIRE AND RESCUE

VEGETATION FIRE - Members of Laytonville Fire and Calfire, which included the air attack and helicopter, responded to a vegetation fire in Laytonville off Meadow Lane Monday afternoon.

The fire burned less than an acre of ground. The cause of the fire is still under investigation.

CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituary notices or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

LOTTERY NUMBERS

DAILY 3: Afternoon: 9, 6, 3. Evening: 8, 6, 4. FANTASY 5: 3, 8, 26, 28, 39. DAILY DERBY: 1st: 09 Winning Spirit; 2nd: 05 California Classic; 3rd: 11 Money Bags. Race time: 1.41.70

bler projects, died Monday. She was 105.

Astor, who recently was the center of a highly publicized legal dispute over her care, died of pneumonia at Holly Hill, her Westchester County estate in Briarcliff Manor, family lawyer Kenneth Warner said.

"Brooke was truly a remarkable woman," longtime family friend David Rockefeller said. "She was the leading lady of New York in every sense of the word."

Although a legendary figure in New York City and feted with a famous gala on her 100th birthday in March 2002, Astor was mostly interested in putting the fortune that husband Vincent Astor left to use helping others.

Her efforts won her a Presidential Medal of Freedom, the nation's highest civilian honor, in 1998.

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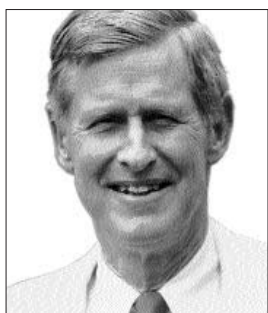
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## ASK DR. GOTT

By Peter H. Gott, MD

## Mom needs more info about ovarian cancer

**DEAR DR. GOTT:** My daughter has recently been diagnosed with ovarian cancer. She was so shocked when her doctor told her the news that she was unable to understand completely what he told her. She's frightened, confused and would really like your help.

**DEAR READER:** I can give only a general answer because you do not mention specifics in your brief note.

According to the American Cancer Society, ovarian cancer ranks fifth in cancer deaths among women. It is estimated about 20,000 new cases will be diagnosed this year, and about 15,000 ovarian cancer patients die each year.

Ovaries are the main source of estrogen and progesterone, the two main female hormones. There are three kinds of tissue in the ovaries: the germ cells, which produce eggs; the stromal cells, which produce most of the female hormones; and the epithelial cells, which cover the ovary.

Tumors that develop and stay within the ovaries are often benign (harmless). However, malignant tumors can also start in the ovaries and spread quickly to other organs such as the uterus, lymph nodes and other parts of the body.

Benign tumors can usually be treated successfully by removing the part of the ovary that contains the tumor or the whole ovary.

Malignant tumors ovarian are usually treated by removing the affected ovary or ovaries and any surrounding tissues the cancer has spread to, such as the fallopian tubes, uterus and lymph glands. Radiation and/or chemotherapy are also advised because of the risk of missed cancer cells that can grow and continue to spread.

Most ovarian cancers start in the epithelial cells. Called epithelial ovarian carcinomas, these account for 85 percent to 90 percent of all ovarian cancers. Benign tumors and tumors of low malignant potential have a much better prognosis, but, if caught early, most ovarian cancers can be treated and even cured.

Symptoms include abdominal pressure or fullness, urinary urgency, pelvic pain or discomfort, a change in bowel habits, including constipation and diarrhea, weight loss or gain, an increase in abdominal girth and low-back pain.

Risk factors include difficulty conceiving, inherited gene mutation, a family history of ovarian cancer and obesity during childhood.

There are two tests used routinely. The first is a transvaginal ultrasound, which gives better images than the usual transabdominal ultrasound.

CA-125 is a marker for cancer in women. Serum concentrations are not elevated in up to 50 percent of women with early disease and can be elevated in numerous other conditions.

See GOTT, Page 5

# Health center 'green' expansion breaks ground in Boonville

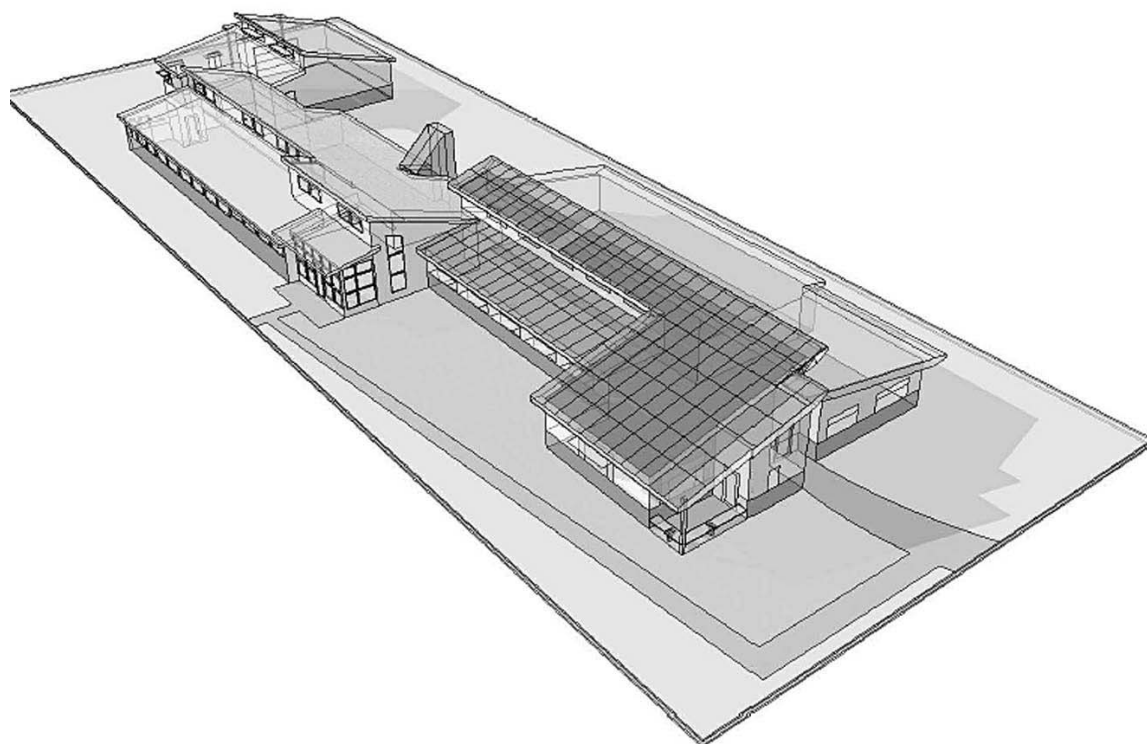
## The Daily Journal

Architect Ron Verdier and Associate Steve Wood of Verdier Architects in Boonville announce the start of construction to expand the Anderson Valley Health Center and Ambulance Service in Boonville. This represents the culmination of years of community effort and commitment to improving health care services for all residents of Anderson Valley.

The local community has generously pledged the financial support to make this vision a reality, with additional funding from the US Department of Agriculture Rural Development Program.

The Health Center provides full health care services for children and adults. The expanded facility will house dental services, mental health and substance abuse services, a multipurpose room, records storage and office spaces, and alternative medicine services. In addition, a new Ambulance Services facility will house the AV Volunteer Ambulance and EMT staff.

The expansion of the Health Center is in response to growing community-wide needs. Over the past 20 years, Anderson Valley has changed dramatically. Sheep grazing and apple growing has been replaced by an economy based in large part on vineyards and wineries. These changes are accompanied by a shift in population demographics, and the need for expanded healthcare services in the Valley.



The project plans to achieve LEED Gold, becoming the first certified "green" community health center in California. Verdier Architects has registered the project with the US Green Building Council's LEED (Leadership in Energy and Environmental Design) program. To become LEED certified, the project must meet specific prerequisites and fulfill strict criteria

to attain sufficient "credits" in design and construction aspects such as interior air quality, low-emitting materials, use of day lighting, temperature and ventilation controls, use of regional and renewable materials, optimized energy performance, and water use reduction.

Green building takes a holistic approach to the health and sustainability of the built environ-

ment and the surrounding land. Verdier knows that a healthy building promotes the well-being of both staff and patients and a durable, efficient building means lower long-term costs.

For additional information, contact: Ron Verdier at 895-2110 or info@verdierarchitect.com, or Judith Dolan, executive director, Anderson Valley Health Center at 895-3477 or jdolan@avhc.org.

# Smoothie industry going on a health kick

## By ELIZABETH M. GILLESPIE

### AP Business Writer

SEATTLE -- When Anne Kessler strolls to her neighborhood smoothie shop, she's looking for a treat. Her usual: the Mocha Bliss, one of the more indulgent items on the menu at Emerald City Smoothie.

"It just tastes good," she said, sipping down a tall one on a recent afternoon.

But for her 2-year-old daughter, Kessler will only order off the low-sugar menu, usually a banana-strawberry-papaya concoction that has less than half the calories as her chocolatey favorite.

Once frequented mostly by avid health nuts, juice and smoothie bars have gone mainstream, drawing in a much broader cross-section of customers -- from dessert fiends who don't worry

about their waist lines to religious calorie counters who tally every gram of fat and carbohydrate.

Emerald City Smoothie -- a Seattle-area chain that's gearing up to expand beyond a handful of Western states into Hawaii and New York -- caters primarily to fitness buffs, posting calorie, fat and protein counts for each drink on its menu board.

That goes for the 140-calorie Orange Twister made of banana, orange and wheat germ all the way up to The Blender, a 1,270-calorie whopper made with chocolate or vanilla protein, peanut butter, banana, milk and ice cream. The smoothie industry has grown tremendously in recent years, and many chains big and small have are opening new stores right and left.

In 1997, there were just under 1,000 juice

and smoothie bars in the U.S. that pulled in an estimated \$340 million in revenue. Today, there are roughly 5,000 of them, with 2007 sales projected at \$2.5 billion, according to Juice Gallery Multimedia, a publishing and consulting firm that provides support services for smoothie businesses.

While indulgent blends aren't disappearing from menus, smoothie companies seem to be focusing most of their marketing muscle on winning over the ultra-health-conscious consumer -- especially those trying to keep their sugar intake low.

"There are a lot of folks that aren't hindered by high sugar, but we do know that there's a significant percentage that are, and we think that

See SMOOTHIE, Page 5

## HEALTH CALENDAR

**ALANON:** Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

**Alateen:** Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

**Alcoholics Anonymous:** Daily; call 462-7123, www.aaukiah.org.

**Breastfeeding Support Group:** meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health -- WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

**Celebrate Recovery:** Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

**Childbirth classes:** Learn about nutrition during pregnancy, preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

**Community Healing Clinic:** 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.fullcirclewellness.org.

**Council on Domestic Violence:** First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

**La Leche League:** Breastfeeding group; meets second Tuesday, various times; Nursery Room at Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

**Look Good Feel Better:** Classes are from 10 a.m. to noon on the second Monday of

each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancer treatment. This is a free class offered by the American Cancer Society at 115 E. Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

**Low Vision Support Group:** 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resterant, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222.

**NAMI:** (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays, 6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorders by providing mutual support, education and advocacy.

**Multiple Sclerosis Self-help Group:** People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

**Men's Cancer Support Group:** Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

**Narcotics Anonymous:** Meetings throughout county; 485-9110.

**New Life Workshop:** Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

**Overeaters Anonymous:** Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

**Sweet Success:** The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

**Tantalizing Tuesdays:** Series of health related evening discussions; First and third Tuesdays; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

**T.O.P.S.:** (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

**T.O.P.S.:** Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

**T.O.P.S.:** Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

**T.O.P.S.:** Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

**Ukiah Community Center Crisis Line:** Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

**Ukiah Diabetes Education:** The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

**Ukiah Valley Blood Center/Blood Centers of the Pacific:** Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 p.m.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

**Weight-loss Surgery Support Group:** Free, open to the public. Gastric Reduction Duodenal Switch (GRDS) support and information group; Central Valley Bariatrics; 1st Friday; 6 p.m.; Bartlett Hall, Ukiah Senior Center complex, 499 Leslie Street, Ukiah; e-mail, letstalk@iwon.com.

**Weight Watchers:** Redwood Valley Weight Watchers meet at the Redwood Valley Cafe and are hosted by Redwood Valley Fitness on 9620 N. State St. Their leader is Laurel of Ukiah Weight Watchers. For more information, call 485-5696.

**Women's Cancer Support Group:** A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

*If you -- or the organization that you represent -- change a phone number, an address, or any information in this calendar, please call at the Ukiah Daily Journal at 468-3520, or e-mail us at udjfeatures@pacific.net.*

## Things that I am not

I am Scott "Q" Marcus, whatever -- or whatever -- that is. Despite my belief that I think I know who I am, I admit to periodic doubt.

One thing of which I am certain however, is I am not a number.

Uncountable intertwined characteristics and traits make me "Me." On the simplest level, I am human, gender: male. I, with a couple billion of my closest friends, arrived on this small, ocean covered, awe-inspiring, nurturing planet via a chaotic and organized chain of events stretching so far back in time, that the very concept of that many millennia is beyond ability to imagine -- even though I am gifted at imagining incredible things. I am a miracle of nature, a product of creation. I am: Life.

I am not a number.

I am a father and a husband. In our society, at this instant in history, those titles foster responsibilities ranging from the important: leaving a better world for our children (we're not performing well with that currently); to the mundane: I must shave every day (except weekends if my wife doesn't object).

I am a thinking, analytical soul. In my mind, I can articulate important concepts and -- once in a while, when I'm very fortunate -- even inspire others. Trillions of sparks crisscross the synapses of my brain, flickers of my thoughts: the fate of the universe; the state of the nation; the choices on television.

I have philosophies, beliefs, and values. With those as guideposts, I have developed a



## Striving for Imperfection By Scott Marcus

roadmap that I presume (and pray) will lead me well to wherever is my final destination. From time to time I stumble and fall, to date always rising yet again. Therefore, I apparently must be determined, sometimes downright stubborn. Yet, I am also confused and wise, excited and bored, happy and sad, loving and lost, frightened and brave, teaching and taught, leader and follower, almost always -- hopeful. All of these descriptors, words, and adjectives, are accurate in their portrayal of me, as are numerous others.

But I never describe myself via numerals. Neither does anyone else.

When friends greet me, they do not shake my hand, grasping warmly my shoulder, and say, "Hey 179, how are ya?" Instead, we hug, the warmth of his or her body held close to mine in a loving embrace. It is my name, not a number, spoken affectionately

See STRIVING, Page 5



Letters from our readers

Thoughts on election matters

**To the Editor:**  
I turned on the tube this morning to watch “This Week with George Stephanopoulos” and there was the Republican Iowa debate. I heaved a sigh and watched anyway.

The responses to questions about Iraq, health care, abortion, immigration, and terrorism were the same trite baloney we are inundated with daily: Lots of posturing. Little substance. But Rudy Giuliani’s response to a question about raising taxes struck me as interesting. He pointed out that government revenue is proportional to the size of our economy. Raising taxes reduces our purchasing power and depresses economic growth. Lowering taxes increases purchasing power and economic growth and therefore benefits both government and the people.

At issue was a “Fair Tax” imposing a 23 percent sales tax and eliminating income tax. I doubt that’s a good way. Sales tax hurts the most those who can least afford it. Neither is eliminating investment income tax, for the same reason. But there must be a way to reduce taxes fairly, growing our economy and benefiting all.

Health care costs should be controlled by regulating the system, from malpractice suits to insurance companies to pill peddlers, not by subsidizing them with a national health care plan.

And let’s keep church and state separated. Individuals and families must keep their constitutional right to find their own moral grounds. The Constitution gives government the duty of protecting us citizens from others, both foreign and domestic, not from ourselves.

Maybe I should have turned off the TV.  
**Robert M. Axt**  
**Calpella**

Hoping the music school can be saved

**To the Editor:**  
I am writing in support of the Ukiah School of Music. I studied flute with Audrey Gramke at the small school on School Street more than ten years ago. Now I am a professional musician with music performance degrees from the Oberlin Conservatory of Music and the San Francisco Conservatory of Music and perform around the country. I have performed at the National Orchestral Institute in Baltimore and the Kennedy Center for the Performing Arts in Washington, D.C., among other performances in Cleveland and San Francisco. My success could not have been possible without the concentrated efforts of musicians in the greater Ukiah area to provide lessons at the Ukiah School of Music.

The School of Music building is ideal for learning, listening, and forming community. The building encourages more children and adults to take advantage of music education because of its central location. A family with a young violinist and a young pianist can take both children to the same place at the same time for lessons. What’s more, we cannot rely only on public schools for music education. A band teacher can only do so much for a roomful of students who play ten different instruments. Students who take music lessons when they are younger will support the arts as they grow older. Numerous studies have also found music lessons to increase concentration, discipline, and higher brain function. I truly hope the greater Ukiah area can rally around the school and see it through this challenge.

**Elise Blatchford**  
**San Francisco**

Good job, Redwood Valley

**To the Editor:**  
Congratulations Redwood Valley! The July water conservation figures are in. Bill

LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. Letters chosen for publication are generally published in the order they are received, but shorter, concise letters are given preference. We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. If we are aware that you are connected to a local organization or are an elected official writing about the organization or body on which you serve, that will be included in your signature. If you want to make it clear you are not speaking for that organization, you should do so in your letter. All letters are subject to editing without notice. Editing is generally limited to removing statements that are potentially libelous or are not suitable for a family newspaper. Form letters that are clearly part of a write-in campaign will not be published. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to [udj@pacific.net](mailto:udj@pacific.net). E-mail letters should also include hometown and a phone number.

ON EDITORIALS

Daily Journal editorials are written by Editor K.C. Meadows with the concurrence of Publisher Kevin McConnell.

In our opinion

It’s Christmas for the dealers

Today the Mendocino County Board of Supervisors is set to discuss new, higher limits on the amount of prepared marijuana someone can have in his or her possession at a given time.

At its meeting last week the supervisors voted to declare two pounds of dried pot the limit.

Today, Supervisor David Colfax wants to discuss raising that limit to 25 pounds.

What’s he smoking?

If Mendocino County allows marijuana dealers to simply ride through the county with as much as 25 pounds of marijuana in a car - and it would have to be a pretty darned

big car - we might as well simply declare the county open to drug dealers and just hope we can keep up with the crime that will follow.

Allowing 25 plants per person or per patient is already way more marijuana than any one person needs, no matter how sick. Giving the drug dealers - and there’s no other name for what many of these so-called caregivers are - a license to carry 25 pounds of pot around is like telling a hunter his bag limit is whatever he can shoot in a day.

Once again, it’s looking like Christmas in Mendocino County for marijuana dealers.



Koehler, Redwood Valley County Water District General Manager reports that District residential customers used 22 percent less water and agricultural users used 28 percent less compared with 2004 usage rates. 2004, the most recent low rainfall year, is the standard of comparison that Sonoma County Water Agency and the State are both using.

As part of the team that developed the District water conservation plan and on behalf of the Board, I want to express my appreciation and thanks to each of you for your willingness and determination to take on water conservation work.

We are not out of the woods yet. The next milestone will be the lake level on August 30. If the level is above 720 feet above sea level, we will avoid mandatory cutbacks at least until the end of September. Whether this happens depends on Sonoma County as well as on our efforts. The Board will continue to work on long-term solutions to reduce our dependence on Lake Mendocino. With your ongoing conservation efforts, we will get past this crisis and move toward a more reliable water supply.

**Hal Voegel**  
**Director**  
**Redwood Valley County Water District**  
**Redwood Valley**

Rezoning a serious issue

**To the Editor:**  
How can we continue to reduce our industrial zoned lands without addressing

the long term impacts to the health of our local economy? The county treasury will benefit from the proposed rezoning of the Masonite site to commercial, but what about the needs of the working community?

Land zoning exists for a reason. I am concerned that the Ukiah Valley Area Plan rezoning analysis has not included the water resource availability of our valley. Do we know what percent of land zoning should be maintained per capita so we can ensure a viable local economy?

Our country has lost many skills due to over-seas labor exploitation and massive transportation systems; but with the energy crunch that is nearing, we will undoubtedly be changing our economic relationships.

I am not against a Target, Trader Joe’s, or Costco in Ukiah, I am against the rezoning of the last large industrial site, close to the county’s largest population center, on the rail, and with water rights. Is the highest immediate tax return the goal of land use planning? Should it be? How can the County proceed with rezoning studies at the Masonite site in light of the economic hardships local businesses will face and the loss of a viable industrial property?

The UVAP should be based on the valley’s resource holding capacity, and preserving future uses, thus allowing for local wealth, rather than the interests of select landowners.

**Estelle Palley Clifton**  
**Ukiah**

WHERE TO WRITE

**President George Bush:** The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202)456-2461.

**Governor Arnold Schwarzenegger:** State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916)445-4633

**Sen. Barbara Boxer:** 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202)224-3553; San Francisco, (415) 403-0100 FAX (415) 956-6701

**Sen. Dianne Feinstein:** 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202)224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

**Congressman Mike Thompson:** 1st District, 231 Cannon Office Bldg, Washington, D.C. 20515. (202) 225-3311; FAX (202)225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933,FAX 962-0934;

[www.house.gov/write rep](http://www.house.gov/write rep)

**Assemblywoman Patty Berg:** State Assembly District 1, Capitol, Rm. 2137, Sacramento, 95814. (916) 319-2001; Santa Rosa, 576-2526; FAX, Santa Rosa, 576-2297. Berg’s field representative in Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office’s fax number is 463-5773. E-mail to: assembly-member.berg@assembly.ca.gov

**Senator Pat Wiggins:** State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375Email: senator.wiggins@sen.ca.gov.

**Mendocino County Supervisors:** Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. [bos@co.mendocino.ca.us](mailto:bos@co.mendocino.ca.us)

From the desk of ....



RUBEN NAVARRETTE JR.

A first rate bridge builder

Mexican-American businessman Lionel Sosa has enjoyed great success but still hungers for new challenges. Does he have one now: namely, bringing together two countries that, while neighbors, sometimes appear worlds apart.

Then again, this man is a first-rate bridge builder. He has helped Fortune 500 companies reach out to Latino consumers and helped Republicans -- including President Bush -- connect with Latino voters.

More recently, the 68-year-old co-founded a binational think tank to help bridge the divide between Mexico and the United States. According to him, MATT.org -- which stands for Mexicans & Americans Thinking Together -- has more than 1 million members on both sides of the border.

Sosa is convinced that the key to bringing together the two countries lies with the 24 million people of Mexican descent who live in the United States.

“We love Mexico, we love the U.S.,” he told me recently. “We have our souls in one place and our hearts in another.”

For many members of MATT.org, which just marked its first anniversary, immigration is an open wound. The group supports a comprehensive approach to our broken immigration policy that secures the border while providing illegal immigrants in the United States -- most of whom are Mexican -- a path to legal status. As the recent debate in Congress proved, getting there is easier said than done. In fact, it became virtually impossible once anti-Mexican sentiment sidetracked the discussion.

But Sosa is not easily deterred. He has faced long odds before and come out on top. Sosa virtually created the industry of Hispanic marketing in the early 1980s when he launched Sosa & Associates, a San Antonio-based advertising agency designed to help some of the largest companies in the world reach Hispanic consumers. Clients included Coca-Cola, Burger King and Anheuser-Busch. Soon, the agency was billing more than \$100 million annually. Sosa has also worked as a Hispanic media consultant for six Republican presidential campaigns. In the 1990s, he helped Bush, a fellow Texas businessman with no political experience, get elected and then re-elected governor.

In addition to working on political campaigns, Sosa has written books, lectured extensively, and served on boards and commissions. In 2005, he was named one of the 25 most influential Hispanics in America by Time magazine.

And all that from humble beginnings. His father migrated from Mexico as a child and, with the rest of his family, set up a laundry at home where they washed and ironed clothes for those who lived in the neighborhood. When his father turned 21, he opened his own laundry. For Sosa, his family’s story is an embodiment of the American Dream -- the same thing he wants others to enjoy.

Besides offering illegal immigrants a path to legal status, Sosa also likes the concept of importing guest workers.

“This country needs them,” he said. “Our economy needs them. If we don’t get them, we’ll stop growing economically.”

What he doesn’t like, however, is the idea of making guest workers return to their home country after two years before being allowed to reapply for the program.

“It’s like taking someone who is starving,” he said, “and putting them in a place where they have three meals a day and they’re being productive ... and then forcing them to go back. It’s cruel.”

Nor does Sosa think Americans can solve the immigration problem with cement and barbed wire.

“Border security is extremely important,” he said. “We don’t want terrorists getting through the Mexican border. But it should be addressed with technology rather than walls, with people rather than walls, and any other way other than walls.”

As for those immigrants who come legally, Sosa also strongly objects to something else that was part of the immigration debate -- a proposal to restructure the system for admitting newcomers so as to put greater emphasis on education and skills rather than family reunification.

“Immigrants have always come into the country with low levels of education,” Sosa said. “Whether it’s the Irish or Italian or Polish, here is the land of opportunity. It’s where people come in at the bottom and build themselves up. To try to bring in people who have already made it is un-American. When did we ever do that before and why are we considering it now?”

Good question. Seems not everyone wants a bridge between the United States and Mexico.

*Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.*



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# Home, the most beautiful place Striving

In the last article I asked the question, “Where is the safest place for our children?” The answer was in the home in which both biological parents were raising their children. This article is about why the home is so important to dads raising their children. The thoughts expressed herein are summary thoughts expressed in the article by Joseph White, Within the Walls of Home: A Man’s Most Important Work. This article can be found in the book Why Fathers Count, 2007, Men’s Studies Press.

Smith says “...it is in the home that fathers begin to build the initial bond with the children that is meant to last a lifetime.” It is in the home “...that a positive connection with a father will have a long-lasting effect on a child’s mind, heart, and soul.” It is in the home that the father by example sends the message to his children about “...what kind of place home is meant to be and can be for a family.” Finally, it is in the home “...where fathers are not judged, monitored, or critiqued by others.” Home is where the father can be himself and be spontaneous with his children.

Smith identifies how a father can send loving, valuing “messages from home” to his children. These messages are 1. Given during the child’s “prime time,” 2. Occur in child-friendly backyards, 3. In “Fix-it dad” experiences, 4. During discipline, and 5. Having small talk with our children.

Prime time. This is the time when our children want us as fathers to pay them attention and validate them by spending time with them. It means turning off the TV or cell phone, or computer or putting down the newspaper to be fully tuned in to our children. It is our job as fathers to find out what our children interests are and join them in what they like. It may be bike riding, or wrestling with our children, or reading with them or to them. Focus on your children; ask them what they would like to do that is fun for them. It may be a simple as asking them how their day was. These moments we spend with our children on their time and turf, not ours, are important in building the lifelong bond with our children. Does it take effort? Yes! Is it worth it? Only you as a dad can answer that. (Note this reference to “dad” goes beyond biological, to include step, foster, adopt, and granddads.)

Child-friendly backyards. When my children were preschool age I built a tree fort, sand box, slide, and swings for my daughter and son. It was all built with used lumber and other items I had around our home. What a great investment this was for our children. We had hours of fun together in our yard just



## For Dads From Dads

By Tom Buske, MSW

playing together. When my son was little, he loved to be swung in the chair swing. My daughter, a little older, did stunts on her rope swing. The neighbor’s grandchildren would come over and play with my children and join in their fun. If able, the best part of creating child-friendly back yards is to include your children in the planning, creating, and work of building it together. Our children will remember with fondness the time spent with their father. Such memories will long outlast the clothes we bought for them or the nice furniture in their home.

“Fix-it dad” experiences. As a young teen my father taught me how to paint. In doing so, he not only involved me in what he was doing to fix up our house, he taught me how to paint. To this day I value those lessons taught with the paintbrush in hand as today, I enjoy painting our home. By including our children in the fix-it jobs around the house or the yard or the car they can become “daddy’s helper.” They learn that you value them and their help. Yes, it probably will take more time to do the work, yet be assured this is sending good messages and teaching to our children. Children learn from us patience, problem solving skills, and life lessons that can be transferred to the life challenges they will inevitably face.

Discipline. Discipline usually occurs in the confines of the home. Smith says, “It is in the home that fathers provide structure and establish patterns of interaction about expected behaviors. It is here that fathers provide discipline and help establish consequences for unacceptable behaviors. It is here that fathers show compassion, love, and understanding in

response to discipline...Of course; the opposite is true, also. When children do not experience fathering that is both firm and kind (either through authoritarian or permissive parenting styles or because father is absent), then a child’s development and functional growth are often thwarted.”

He goes on to say, “A root word in discipline is ‘disciple.’” This conveys the meaning that we are to help our children to not only do the right thing but also learn to follow parental guidance...”Therefore we dads must practice what we preach; for our children will see us for what we really are. “The future well being of children depends to a significant degree on how they respond to a father’s example and guidance during the earlier years of life. No greater satisfaction will be mine than to be able to say at the end of my days my children turned out to be adults I’m proud of.

Small talk. This is the final point of no small importance to dads that Smith makes. By engaging our children about the small things of their lives and not just the major events, we convey to them they are important to us. “It is through listening to the small talk that big and important things will come out. The more we listen to the small talk of children, the more we begin to hear the deep concerns of their hearts.”

Joseph Smith encourages us dads to listen and hear the deep concerns of our children’s hearts. When we invest in our children’s hearts then home does become the most beautiful place where our children are heard, loved, and guided by us dads.

*For Dads From Dads is written to encourage dads to be the best dads they can be and to assure them of the irreplaceable value they play in their child’s life. This is not to under value the mother’s role, which is of equal value. The contributors to this monthly feature are Herman Meadows, physical therapist and owner of Meadows Physical Therapy, located at Park Falls Plaza. Tom Buske, is a social worker for TLC Child and Family Services (a foster care and adoption agency) and also the founder of the Fatherhood Coalition of Ukiah, which helps dads in practical ways to be good dads to their children. Most of all, we are both dads.*

by someone about whom I deeply care.

They do not call to me by what shows on the morning scale.

I am not described as “179,” “187”, or -- during particularly painful periods of my life -- “250.” My value, who I am, what I do, my legacy, does not

## Smoothie

Continued from Page 3

number’s growing all the time,” said Jim Baskett, Emerald City Smoothie’s executive president of business development.

Emerald City Smoothie uses Splenda, the zero-calorie artificial sweetener in some of its drinks, as does Jamba Juice, a company based in the San Francisco area that last year also introduced a line with no added sweeteners, only fruit and juice.

Smoothie King, headquartered in the New Orleans area, sweetens many of its drinks with honey and raw cane sugar, but lets its customers “Make It Skinny” by ordering certain drinks without the sugar or with Splenda instead.

Freshens Smoothie Company, a unit of Atlanta-based Freshens Quality Brands, offers some smoothies sweetened with Splenda and prominently posts on its menu boards that 21-ounce servings of each contain less than 155 calories.

Executives at each company say the low-sugar offerings have fared impressively -- right alongside the sweeter smoothies.

One ingredient that’s growing ever more ubiquitous: acai (pronounced AH-sigh-ee), a

fluctuate with the number of pounds reflected by what I ate nor by how many miles I jogged. That one number, my weight, although a description of a single, visible, component of WHAT I am, is virtually insignificant in the grand scale of WHO I am and what I am capable of accomplishing.

We are far more astounding than what any number, anywhere could ever make known.

About the author: Scott “Q” Marcus is a THINspirational speaker and author. Since losing 70 pounds 13 years ago, he conducts speeches, workshops, and presentations throughout the country. He can be reached at [www.TheEatingCycle.com](http://www.TheEatingCycle.com), [scottq@scottq-marcus.com](mailto:scottq@scottq-marcus.com), or 442-6243. Exchange ideas at his blogs: [www.ForeverFightingFat.com](http://www.ForeverFightingFat.com) and [www.WeighTLossColumn.com](http://www.WeighTLossColumn.com).

some suggest a big problem is being ignored: huge serving sizes.

“When I was growing up, we had 6-ounce servings of orange juice. ... People don’t drink 6 ounces of anything anymore,” said Marion Nestle, a professor at New York University’s Department of Nutrition, Food Studies and Public Health and author of the book “What to Eat.”

The standard size of smoothies in many stores is 24 ounces.

Bonnie Liebman, director of nutrition for the Center for Science in the Public Interest, a health advocacy group, questions why people seem so eager to gulp down their fruits in single giant servings rather than eating them whole -- an apple here, an orange there.

“The idea is to fill up on fruit and vegetables so you have less room for calorie-dense food,” she said.

Liebman and others note that preliminary results from some studies suggest liquid calories don’t register with the part of the brain that controls hunger as well as calories from solid foods do. “People don’t compensate for liquid calories by eating less at the next meal,” Liebman said.

Smoothie companies say most of their customers use smoothies as meal replacements.

## Gott

Continued from Page 3

Because ovarian cancer is so difficult to detect in its early stages, only about one-fifth of the cancers are found before the tumor has spread beyond the ovaries. Unfortunately, in most cases, the disease has spread before

it is diagnosed. Early-stage epithelial ovarian cancer is potentially curable, with survival rates up to 90 percent. The key is early detection.

Help your daughter prepare a list of questions for her physician, including recommended treatment and an outlook for the future. Return to him and make sure all questions are answered to her satisfaction.

*Doctor Gott is a retired physician and the author of the new book “Dr. Gott’s No Flour, No Sugar Diet,” available at most chain and independent bookstores. If readers would like to contact Dr. Gott, they may write him at Dr. Gott c/o United Media, 200 Madison Ave., 4th fl., New York, NY 10016.*

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COMMUNITY DIGEST

Benefit softball tournament

The annual Friends of Friends softball tournament will be held at the Cloverdale City Park on August 25 and 26. The entry fee is \$300 for each team. Proceeds will go to a person in the community in need due to medical expenses. For more information call (707) 972-8122.

Soccer Camp Scholarship

The Ryan Rones Scholarship Committee is looking for applicants for the scholarship fund to benefit players wanting to attend soccer camps. Applicants must be dedicated to the game of soccer, hard-working, and have a good team attitude. Pick up applications at 601 N. State Street, or call 468-5711. Please submit the application at least two weeks before the start of the camp. Donations toward the fund are gratefully accepted at the address listed above.

Rusty Bowl BMX summer hours

Summer hours began July 23 and will run through September 30. BMX racing will be on Sunday at a new time. Registration will open from 5 p.m. until 6:30. Racing follows the close of registration. Practice is Thursday evenings from 5 p.m. until 7 p.m. Everyone is encouraged to come out and experience bicycle Moto-Cross at its best. For additional information call 462-0249.

UHS volleyball is underway soon

The girls volleyball teams are holding tryouts August 20 through August 24, from 3 to 5 p.m. and 6 to 8 p.m. daily. The sport packets are available in the school office. Athletes will need to turn these packets into the Administration Office and then get an eligibility card which they then give to the coach. Participants will meet to bring knee pads, tennis shoes and plenty of water to drink. For any questions please contact Bobbi Whyburn at 463-1963.

UHS water polo team gearing up for fall

The Ukiah High School Boys and Girls Water Polo team will hold the first practice on Monday, August 20, 8 a.m. at the Ukiah High School pool. Practices will be from 8 a.m. to 10:30 a.m., and from 3:30 p.m. to 6 p.m. daily during the week prior to school. A team information packet can be picked up at the Ukiah High Administration Building. Please call Coach Rick Cleland at 463-1551 for more information.

Summer basketball camp

A summer hoops camp open to boys and girls ages 7 to 17, is coming up next week. This basketball camp offers players an opportunity to build a solid sports foundation. Each day is filled with fundamental skill progression drills, easy to understand instruction, as well as games and fun competitions. All campers receive great personal instruction, a lot of fun, and a free T-shirt. Lunch is not provided. The camp runs August 20 through August 24 from 8:30 a.m. to 3:30 p.m. Admission is \$125 (\$75 half day rate), the camp will be held at Pomolita Middle School Gym. Pre-register at the City of Ukiah. For additional questions, please call the Recreation Department at 463-6714.

Women's softball tournament sign-ups

The City of Ukiah is announcing the beginning of registration for a women's slow pitch softball tournament. The tournament will be held at the Ukiah Sports Complex on Saturday, August 25. The format will be a three game round-robin with a single elimination championship series to follow. All players on the roster must be 18 years or older at time of registration. The deadline for registration is Friday, August 17, and there is a maximum of 12 teams. Team fees are \$250 per team. For questions or to register a team, please call (707) 463-6714 or come in person to 411 West Clay Street.

Ukiah Wildcats girls soccer

August is here and that means another season of Wildcat soccer. Ukiah High School girls Junior Varsity and Varsity soccer teams will be holding try-outs beginning on August 20, and will run through August 24. The double day try-outs will be held at Ukiah High soccer fields from 6-7:30 a.m. and again at 4:15-6 p.m. For more information, please call Andy Hendry at 463-2488 or 972-9156.

Continued on page 7

PIRATES 3 | GIANTS 1

Paul Maholm, Pirates shut down Giants in 3-1 victory

Bonds, cheered by the Pittsburgh fans, goes 1x3 in losing effort

By ALAN ROBINSON  
AP Sports Writer

PITTSBURGH — Many Pirates fans thought they'd never see this again: Barry Bonds being cheered in Pittsburgh.

And if this was Bonds' farewell to Pittsburgh, he went out rather quietly. Quite the change for one of the most successful, and most talked-about, athletes in city history.

Bonds singled in three at-bats, making him 6-for-10 against his former club this season, but 14-game loser Paul Maholm became the second Pirates left-hander to dominate the Giants in as many days as Pittsburgh beat San Francisco 3-1 on Monday night in the first game of a makeup doubleheader. The game lasted only 1 hour, 51 minutes.

Bonds, usually booed in Pittsburgh because of his playoff failures with the Pirates from 1990-92, received a brief standing ovation as he took the field in the bottom of the first. It was easily the warmest ovation that baseball's new home run king has received in the city where he played from 1986-92.

He received a longer, louder ovation between games, following a brief video salute that included footage of his first career home run for the Pirates in 1986 and his record-setting No. 756 last week in San Francisco. Bonds came out of the Giants' dugout to acknowledge the cheers, tipping his cap, pointing to several sections of PNC Park and thumping his chest in tribute. He also bowed and pumped his fist once.

"I have good memories, some good times here," Bonds said.

Or maybe the fans were cheering the last-place Pirates' newfound ability to dominate an opponent. They have beaten the Giants four times in as many days, counting a three-game sweep in the Bay Area over the weekend. Tom Gorzelanny pitched a shutout Sunday as the Pirates finished the sweep by winning 5-0.

"I watched a tape of his game this morning and I tried to follow a lot of the things he did," Maholm said of his three-hit complete game. "My stuff was probably as good as it's been in the big leagues. I could throw just about any pitch I wanted for a strike."

If Bonds plays next season in the AL — he is unsigned past this year — this doubleheader could be his final appearance in Pittsburgh. He wasn't in the lineup for Game 2.

"He got a really nice hand, and I'm glad," Maholm said. "He deserved it. He's had a great career and it all started here for him. It was a great thrill just pitching to him because I grew up watching him just like everybody else. It was kind of cool to get him out a couple of times."

There were cheers for each of Bonds' plate appearances — and, again, after two of them. He grounded out to first base in the second and struck out looking in the fourth before lining a single into right field in the seventh, all



D. Ross Cameron/The Oakland Tribune

San Francisco Giants' Barry Bonds received belated cheers from the fans of his former club, the Pittsburgh Pirates, for becoming Major League Baseball's all-time home run leader.

against Maholm.

Maholm (8-14), who would have become the majors' leader in losses if he had lost, was in trouble only in the second when Daniel Ortmeier doubled and scored on former Pirates outfielder Rajai Davis' two-out double.

By then, the Pirates led 3-0

following Jose Castillo's two-run double in the first and Nate McLouth's RBI double on the second, which scored Maholm after the pitcher helped himself with a leadoff double off Matt Cain (4-13).

The Giants lost their fifth in a row.

Bonds saved a possible

Raiders coach Lane Kiffin hospitalized with viral infection

Youngest coach in the league may be side-lined for most of the week

AP Sports Writers

Oakland Raiders coach Lane Kiffin was hospitalized Monday with a viral infection and might not return to the team until later this week.

"This morning when he woke up, from what I understand, he was feeling under the weather," Raiders offensive coordinator Greg Knapp said. "(It's) something he's been fighting for the last two or three days."

The 32-year-old Kiffin had been sick for a few days. He led the Raiders to a 27-23 win over Arizona on Saturday in his first game as an NFL head coach and looked fine after the game, but continued to feel ill. On Sunday, Oakland canceled a scheduled conference call between Kiffin and reporters.

The Raiders returned to practice Monday and some players weren't even aware Kiffin, the youngest coach in the league, was absent until they took the field.

Falcons

Running back Warrick Dunn returned to practice for the first time since undergoing back surgery last month.

"You have to get out there, run around, get hit, run back to the huddle and run a play again," Dunn said. "I can usually go a whole series or a drive and really not get tired, but right now I can't run any plays without being exhausted."

Dunn, whose 9,461 career yards rank third among active players, hopes to return for the Falcons' third preseason game against Cincinnati on Aug. 27.

A three-time Pro Bowl selection, Dunn surpassed 1,000 yards last year as Atlanta led the NFL in rushing for the third straight season.

Dunn, 32, had surgery to repair a herniated disk five days before training camp began on July 26.

Jets

Running back Thomas Jones has a strained right calf muscle and hopes to return in time for the team's season opener, according to agent Drew Rosenhaus.

"He had an MRI on the right calf and it was determined that he has what is essentially a strain of the calf muscle," Rosenhaus said. "He said the doctor was vague in terms of how much time he would miss, but it would probably be a week-to-week injury."

Rosenhaus added Jones told him he was "confident he would be ready" for the Jets' season opener at home against New England on Sept. 9.

Jones walked with a slight limp Monday, a day after injuring the leg, and spent most of the morning session working on a hand bike and doing calisthenics. Jones' leg had a small wrap around it.

Panthers

Tackle Kenyatta Walker signed a one-year contract. The 6-foot-5, 302-pound Walker, who spent his first six seasons with the Buccaneers, started 73 of 75 games at right and left tackle. He hurt his knee early last season and missed the final 13 games. The Buccaneers released him in the offseason.

"We thought it was an opportunity to get an experienced veteran in here to compete and add depth," general manager Marty Hurney said.

And, perhaps, friction.

Walker had a running feud with Panthers DLs Kris Jenkins and Julius Peppers starting in 2003, when Peppers took a swing at Walker after he claimed Walker was putting his hands inside his facemask. Jenkins at one point suggested Walker should be playing in the Canadian Football League.

The Panthers sent tapes to the league claiming they showed Walker's dirty play.

In the second game between the teams that season, also a Carolina win, Walker was called for three personal fouls and Jenkins ripped him after the game.

That past could make for some interesting practices when the 28-year-old Walker goes up against Jenkins and Peppers every day.

Jaguars

Free agent safety Sammy Knight signed a one-year, \$820,000 contract Monday, adding a veteran to the team's mix of young players at that position.

The team also released safety Kevin McCadam.

Knight started 16 games in each of the last eight seasons, playing with New Orleans, Miami and Kansas City. The Chiefs released him in March.

Jacksonville replaced starters Deon Grant and Donovan Darius in the offseason. The Jaguars drafted safety Reggie Nelson with the 21st overall pick, and he has played well in training camp and the first preseason game. Strong safety Gerald Sensabaugh has also been impressive.

But the team's backups have mostly struggled.

Chiefs

Arena Football League star wide receiver Bobby Sippio agreed to terms on a two-year contract. In his most

recent AFL season, Sippio had 163 catches for 2,391 yards and 70 touchdowns with the Chicago Rush.

Sippio, a converted defensive back who played cornerback and safety for Western Kentucky, first tried to make the NFL as a free agent with Miami in 2004.

Colts

Safety Bob Sanders thinks he'll finally be practicing Wednesday.

Sanders has been on the physically unable-to-perform-list since July 30, the first day the Colts practiced, and hasn't been in pads since having off-season shoulder surgery four months ago.

The Colts' biggest hitter is eager to get started.

"I'm excited to see how it feels and get the timing down and stuff," Sanders said after Monday afternoon's practice. "I'm still hoping to play in the third preseason game (against Detroit), but right now we want to get a full week of practice in and see how it goes."

Coach Tony Dungy has acknowledged the Colts will be cautious in using Sanders this month.

Giants

Backup quarterback Jared Lorenzen hurt an ankle in practice Monday after being hit while throwing a pass. Lorenzen lay on the field for about a minute before he got up and was treated. He returned to practice a few minutes later. Giants coach Tom Coughlin was miffed after the play because quarterbacks are not supposed to be hit during practice.

"You don't hit the quarterback and you don't hit him low," Coughlin screamed in a sentence that included a few colorful words. Lorenzen did not know who hit him, and Coughlin would not identify the culprit.

would promote teamwork and cross-cultural communication.

Rice, a well-known sports fan, introduced Ripken as a wholesome symbol of America who represents "our aspirations to be a better nation and to help build a better world."

Rice paid tribute to Ripken's record-breaking streak and joked that she expected him to keep up that kind of perseverance, saying, "Cal, I assume that whenever I call you, you're going to be hard at work for America."

Ripken noted he already

was on another winning streak.

"Hall of Fame a couple of weeks ago and now this honor bestowed upon me by the State (Department), that's a pretty good little run, pretty good little streak," he said.

Ripken is the second "special sports envoy." Figure skating star Michelle Kwan is the other.

The job is an unpaid position for which the government pays only travel expenses.

Ripken, who retired in 2001, laughed when asked about money.



"I was looking for a baseball salary," he said. "We don't have those in government," chuckled Karen Hughes, the under secretary of state for public affairs with whom Ripken will be working most closely



COMMUNITY DIGEST

UHS girls sports strength training

The City of Ukiah Community Services Department would like to announce a high school girls strength training class (open to girls grades 9 through 12 in Fall 2007).

This class is for girls looking to play volleyball at the high school level.

Ukiah High Coach Bobbi Whyburn will teach the open weights class from 10am – 12:30 p.m., August 13-17 at the Ukiah High School weight room.

The class is free of charge, but players must pre-register at the City of Ukiah.

UHS girls golf

The first day of tryouts for the Ukiah High School Girls Golf team will be at 3:00 p.m. on Tuesday, August 21, 2007, at the Ukiah Municipal Golf Course. The Sports Participation packets, now available at the high school administration building, must be completed prior to participation on the team.

Athletes will receive an eligibility card which is to be turned in to the golf coach confirming their eligibility. Any questions, call Chris Philbrick at 463-1731.

All-sports camp

The City of Ukiah Community Services Department would like to announce an All-Sport Camp to be held at Pomolita School from August 13 – 17. The class is from 9 a.m. – 3 p.m. and the fee is \$125.

Each day coaches will teach the basics of the game in five different major sports! In the morning campers will stretch and do conditioning and then move into station work drills.

Daily prizes will be given for contest winners. Each camper will receive a T-shirt, water bottle, certificate of completion and a written evaluation.

For more information or to register, please call the Parks and Recreation Department, at 463-6714.

2007 Fall men's softball sign-ups

Ukiah Men's League Softball play is scheduled to begin in late August and run through October. Sponsor fees are \$350 per team and \$30 per player.

Registration forms are available at the City of Ukiah Recreation Department or at [www.cityofukiah.com](http://www.cityofukiah.com).

The sponsor fee is due at the time of registration. Player fees will be collected from team managers at the first game.

Co-Ed softball sign-ups

Ukiah Co-ed Softball League play is scheduled to begin in mid August and run through October. Sponsor fees are \$350 per team and \$30 per player.

Registration forms are available at the City of Ukiah Recreation Department or at [www.cityofukiah.com](http://www.cityofukiah.com).

The sponsor fee is due at the time of registration. Fees will be collected the same way as for the men's league. Teams must have at least five men and five women to begin play (age 16 and up).

UHS Girls tennis tryouts

Tryouts for the Ukiah High School Girls Tennis Team will take place from Monday through Friday, August 20 through 24, and on Monday, August 27, as well as Wednesday through Friday, August 29 through 31, times from 3 p.m. to 5 p.m. each day, at the MENDOCINO COLLEGE tennis courts.

All participants must have completed their Sports Physical Examination, and have turned in their fully completed Sports Participation Packet to the Ukiah Administration Office prior to tryouts, to be eligible to participate. Athletes will receive an eligibility card which is to be turned in to the tennis coach at the start of tryouts.

Participants need to bring a tennis racquet, athletic shoes designed specifically for tennis, and a water bottle each day.

The Ukiah High School Girls Tennis Team will play all of their home matches at MENDOCINO COLLEGE, due to court renovations at Ukiah. Practices will also be held on these courts once school begins.

Any questions may be directed to Pat Milovina, Ukiah High School Girls Varsity Tennis Coach, at 462-0655 or [milovina5@comcast.net](mailto:milovina5@comcast.net).

Attention coaches!

Please report local game results and schedule updates to the Ukiah Daily Journal sports desk as they happen. Ideas for sports feature stories are also appreciated.

Game or team photos, statistics, and contact information are always appreciated. The sports editors will do their best to include as many local teams as possible.

Information may be dropped off at 590 S. School Street on weekdays. Telephone results to 468-3518 any time, or email [udjsports@pacific.net](mailto:udjsports@pacific.net). The best time to contact one of the sports editors in person is weekdays in the late afternoon hours at the Ukiah Daily Journal offices.

The sports desk email may also be reached via the newspaper's own website: [www.ukiahdailyjournal.com](http://www.ukiahdailyjournal.com), by just clicking on the "Report game scores" banner.

IN THE PITS: Yeley couldn't compete with successful teammates

By JENNA FRYER

AP Auto Racing Writer

CHARLOTTE, N.C. — J.J. Yeley may very well have a long and successful NASCAR career.

It just won't be with Joe Gibbs Racing.

Kyle Busch will be named the new driver for Gibbs' flagship No. 18 on Tuesday, a hiring that knocks Yeley out of his ride after less than two seasons at NASCAR's top level. It makes Yeley an unlikely free agent, as he wasn't exactly terrible during his short time with the elite Gibbs team.

The former sprint car star showed steady improvement as he adjusted to stock cars. He's polite, well-spoken and stays out of trouble on and off the track. And he's so likable, Gibbs' top officials are still praising him even as they push Yeley out the door.

"I love J.J.," team president J.D. Gibbs said before Sunday's race. "He's been a huge part of what we've done over the past several years. A ton of talent."

Despite doing everything his team ever asked of him, Yeley is now looking for work because he's a victim of bad timing and an unrealistic barometer for success.

Yeley started this second full season with one goal: To improve on his rookie year showing of 29th in the points.

He's certainly done that, notching the first top-five finish at Charlotte in May. He won a pole at Michigan in June, and he's currently 21st in the season standings.

But it wasn't enough to save his job because, when your teammates are Tony Stewart and Denny Hamlin, anything short of running for wins makes you the weakest link.

Stewart, a two-time series champion, is a perennial title contender and a threat to win every weekend. Hamlin, who graduated to the Nextel Cup Series at the same time as Yeley, rocketed out of the gate and qualified for the Chase for the championship last year. He finished third in the standings last year and has been ranked No. 2 behind leader Jeff Gordon the past eight weeks.

Hamlin is proof that young drivers can have instant success in NASCAR. But he's the exception, not the rule, and that success may have ultimately set Yeley up to fail.



Jose Carlos Fajardo/Contra Costa Times

Kyle Busch, above, has edged J.J. Yeley out from behind the wheel of Joe Gibbs Racing's flagship car.

And in a season where Dale Earnhardt Jr. became the hottest free agent in NASCAR history, setting off a string of dominoes that can topple even the most talented drivers, Yeley couldn't afford to fail.

Yeley became expendable as Gibbs pursued Earnhardt, a chase the team ultimately lost to rival Hendrick Motorsports. But Earnhardt going to Hendrick pushed Busch into free agency, and Gibbs officials had no qualms settling for second prize.

The courting of Busch had to be easier than Earnhardt, and the plans that had been put together for Earnhardt could easily be shifted to Busch.

Yeley understands the game, and he knows it's hard for any car owner to pass up the opportunity to sign a top name.

"Obviously there are some drivers out there that have become available that have shaken up NASCAR," he said last weekend.

He accepted months ago that it would be difficult to hang onto his job — even as his team assured him he controlled his future in the No. 18.

"If I get fired, I get fired," Yeley said after finishing second at Charlotte. "There are a couple of other

places I can go. I'm not worried about getting a ride. If I couldn't find anything in Nextel Cup, I'll go back and race sprint cars.

"That's the only thing I know how to do, regardless if it's here or somewhere else."

Before this stint in the Nextel Cup Series, Yeley was accustomed to success. He was the youngest driver to receive a USAC license when he did it at 16 in 1992, and he became the youngest driver to qualify for the Indianapolis 500 when he did at 21 in 1998.

He broke A.J. Foyt's record for USAC wins in a season with 24 (Foyt had 19) and he joined Stewart as the only drivers in USAC history to win its Triple Crown in 2003.

Yeley was in NASCAR the next year with a super team and a high probability of success. But it never happened as he was plagued with bad luck and never built on the consistency his teammates had — especially this season.

He opened the year with two strong finishes, but a dropped lug nut in Las Vegas ended what should have been a strong run. He was in the top 10 at Bristol until mechanical failure dropped him to 36th. A pit-road penal-

ty and late spin sabotaged Martinsville, and he was wrecked the next week by David Ragan on the first lap in Texas — leading to a last-place finish.

His engine overheated at Talladega, a shock mount broke in Dover, he had a weak motor at the first Pocono, a missing lug nut in Indianapolis, and after struggling at Pocono two weeks ago, found out later he had a bad part on his car the entire race.

Those problems never seem to plague his teammates — at least not with the frequency it happens to Yeley — and that hasn't been lost on him. When the issues continued to mount, he believes he was never given the personnel changes that maybe could have prevented future problems.

"We've always seemed to have the little problems that cost us," he said. "We've been missing something very minute and this is by far the toughest series in the world. One little thing means a tenth, a tenth means ten positions on the race track. So you have to find that perfect chemistry."

"Some of the teams have made huge changes during the year to find that chemistry. We may have just taken too slow of an approach to find it."

FERGUSON ON GOLF: Tiger takes the suspense out of everything

By DOUG FERGUSON

AP Golf Writer

TULSA, Okla. — The stars were aligned for Tiger Woods to win the final major of the year.

So were the flags.

It's not like Woods needed any help at the PGA Championship. He had a three-shot lead going into the final round and a history of never losing any tournament when the margin was more than one.

But as he rapped the last of his practice putts Sunday, his Kiwi caddie noticed the flags atop the bleachers that represented the countries of every player at Southern Hills. They had been fluttering in the breeze, then suddenly went limp except for two of them.

One was the United States, the other New Zealand.

"Now that's what I call an omen," Steve Williams said.

Williams turned out to be right about the PGA Championship. There were some hairy moments for Woods, such as his three-putt on the 14th green that trimmed his lead to one shot as Woody Austin and Ernie Els made a spirited run to catch him.

Woods, however, showed why he is the best clutch putter in golf with a 10-footer on the next hole that sent him to his 13th major.

But that's not the only thing Woods locked up.

Woods' season is not over, but it sure felt that way as he hoisted the Wanamaker Trophy, the heaviest prize among the four majors.

All that remains for him is the conclusion of the FedEx Cup, the Presidents Cup, a trip to Bermuda for the PGA Grand Slam of Golf and his year-end Target World Challenge. All that figures to do is pad his bank account and pour money into his Tiger Woods Learning Center.

It might also provide a few more pretty photo ops for Woods, wife Elin and 2-month-old Sam Alexis.

No matter what happens, the year already belongs to Woods.

He already has won five times on the PGA Tour — no

one else has won more than twice — and a major championship for the third straight season, pushing his total to 13 and inching him closer to the 18 professional majors won by Jack Nicklaus. Even if someone sweeps the FedEx Cup events, Woods is virtually a lock to win the points-based PGA of America award.

His victory Sunday was good news for the PGA of America (can you imagine the PGA Grand Slam of Golf being contested by Zach Johnson, Angel Cabrera, Pádraig Harrington and Woody Austin?) and not so good for the PGA Tour.

It's hard to imagine the winner of the FedEx Cup trumping anything Woods has done in the traditional golf season.

Along with winning the PGA Championship, he was runner-up at the Masters and the U.S. Open, and he was the only player who finished under par in the four majors, one of the toughest collections of courses in some time.

Woods also won two World Golf Championships, and the Wachovia Championship was the toughest field of any regular tour event.

All indications are that Woods will skip the first playoff event next week in New York. That won't kill the FedEx Cup, but it certainly will delay the interest until round two outside Boston.

Then again, Woods has always measured his year by the majors.

"Any time you win a major championship in the year, it's always going to be a great year," he said. "And this certainly is."

Woods doesn't stop playing after the PGA Championship, but he made it clear five years ago that majors are what matters. It was a week before the Ryder Cup, at a WGC event in Ireland, when he switched from Titleist to Nike irons.

He was asked why he chose that week to switch clubs.

"Off the record?" he said. "Because the majors are over."

Then he was asked for a comment on the record. Woods paused and smiled.

"Because the majors are over."

Winning at Southern Hills debunked a couple of theories about Woods.

Some are still hung up over the notion that he struggles when the course plays to a par 70. His only other major on a par 70 was at Bethpage Black, although he won at Firestone a week earlier by eight shots, and that might have played even tougher than Southern Hills.

Others felt that Southern Hills and other classic designs that have tree-lined fairways and sharp doglegs do not suit his eye. Woods pointed out that his head was a mess when he was here for the '96 Tour Championship (his father was hospitalized with chest pains), and that he simply wasn't hitting the ball where he wanted for the U.S. Open six years ago when he tied for 12th.

"I played to the same spots. Stevie and I had the same strategy. Nothing has changed," Woods said. "Just executed better."

Attention now turns to

Nicklaus' record in the majors.

Woods has won five of the last 12, not quite as stout at that 7-for-11 streak he went on from late 1999 to the middle of the 2002, but the venues over the next few years play right into his hands.

He is a perennial favorite at Augusta National, where he has won four times.

The U.S. Open will be played next year at Torrey Pines, where Woods has won five PGA Tour events, then it goes to Bethpage Black and Pebble Beach, two courses that brought him his U.S. Open victories.

Woods finished one shot out of a playoff in 1998 at Royal Birkdale, where the British Open will be held next year, and St. Andrews is back in the rotation for 2010.

The PGA Championship travels next year to Oakland Hills, which brings mixed memories. That was where Woods went 2-3-0 in the Ryder Cup three years ago. He played the U.S. Open there as a 20-year-old amateur in 1996

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# Maria Sharapova plans 1st trip back to Chernobyl since family fled

**By BETH HARRIS**  
**AP Sports Writer**

CARSON — Maria Sharapova travels the world as the highest-paid female athlete, cocooning in fancy hotels, dining at swanky restaurants and indulging her love of shoes.

Yet there's one place the 20-year-old tennis superstar's journeys have never taken her — the region devastated 21 years ago by the Chernobyl nuclear reactor disaster.

Sharapova's mother, Yelena, was pregnant with her only child when the plant in Ukraine exploded and spewed radioactive clouds over the western Soviet Union and northern Europe.

"A lot of families were moving, but not a lot of them could because they didn't really know where to go," Sharapova told The Associated Press. "My mom's dad happened to be working in Siberia, so that's why we had a sense of direction."

Sharapova's father, Yuri, and her mother fled the city of Gomel in Belarus — about 80 miles north of Chernobyl — shortly before she was born in Nyagan, Siberia.

Gomel was one of the areas most affected by radiation. Sharapova said she still has family there, including grandparents.

Sharapova plans to visit Chernobyl as a United Nations goodwill ambassador, perhaps after Wimbledon next July.

"It's in the beginning stages of what exactly I'm going to be doing," she said. "But I want to visit the

facilities that they're building right now for the children — computer labs and hospitals."

Sharapova started hitting tennis balls at age 4. Two years later, she was discovered by Martina Navratilova at a Moscow exhibition. At 9, Sharapova and her father moved to Florida, beginning a two-year separation from her mother because of visa restrictions and limited finances.

She's never forgotten her roots.

In 2004, Sharapova won the season-ending WTA Championships and received a car worth more than \$56,000. She donated the money to those affected by the Russian school hostage crisis in Beslan in which 334 people died, more than half of them children.

In February, when Sharapova was appointed an ambassador for the U.N. Development Program, she donated \$100,000 to help recovery in the Chernobyl region.

Goodwill ambassadors try to draw attention to the plight of some of the world's poorest spots. Sharapova, who has earned more than \$9 million in career prize money, has a two-year contract with the UNDP that pays her a symbolic salary of \$1 a year. Goodwill ambassadors pay their own way on trips.

"They wanted me to work with them because they felt like people in those areas didn't really feel like they had a chance to survive," Sharapova said. "They wanted me to help raise the awareness that by

building schools, hospitals, cleaning the air that there is pride and a side they can head towards instead of thinking all those negative things."

Her trip to Chernobyl will last just a few days.

"Unfortunately, I have about 28 days a year for the work that I do and for the sponsors, for the photo shoots and the visits," she said. "Time is very, very limited."

Sharapova won her first title of the season a week ago near San Diego. During the tournament, she met with a group of Russian children visiting the United States.

Their trip was sponsored by The Children of Chernobyl, a nonprofit group that brings healthy children from Belarus between ages 8 and 12 to America for a six-to-eight week visit. They are placed with host families and the children receive free medical, dental and eye care treatment.

Upon meeting Sharapova, some of the families asked what advice she could give the children.

"It's tough because most of them don't have any parents, and what's really helped me in my life was having my mom and dad be so supportive and around me," she said.

Despite her Wimbledon and U.S. Open titles and No. 2 world ranking, Sharapova didn't expect the children to know who she was.

"They had all these questions lined up for me. The kids are pretty young and the questions they were asking me were so mature and so



Jose Carlos Fajardo/Contra Costa Times  
**Tennis star Maria Sharapova's mother was pregnant when she fled Chernobyl in 1986.**

beyond their years," she said. "This young kid asked me how I wanted to raise my children. I was like, 'Geez, you're a kid yourself.' It was very strange."

The children knew only rudimentary English phrases, like 'How are you?', so they questioned her in

Russian and Sharapova responded in her native language.

Hearing the kids squeal about their trip to Sea World brought back memories. As sophisticated as Sharapova comes off in photo spreads and on red carpets, she says she acts like a kid away from the court and cameras.

"I still love things that you don't even need to pay for," she said. "Going to the beach and being around five of your friends and having a good time means so much more than going out and spending hundreds of dollars. It did make me realize that, 'Wow, all these small things are making them happy.'"

Sharapova is to begin her U.S. Open title defense Aug. 27. She withdrew from the semifinals of last week's tournament in Carson because of a leg injury. She said she plans to compete for another seven years.

"I have so many other things in my life that I want to try and do," she said, ticking off marriage and children among her goals. "I'd love to open a tennis school for children in my hometown of Sochi."

Sharapova said she recently read a book about Africa, and it, along with her charity work, has helped expand her world of forehands and backhands.

"If you're able to help some people and make them smile and make them realize that life is good," she said, "then that's worth so much more than buying a pair of shoes."

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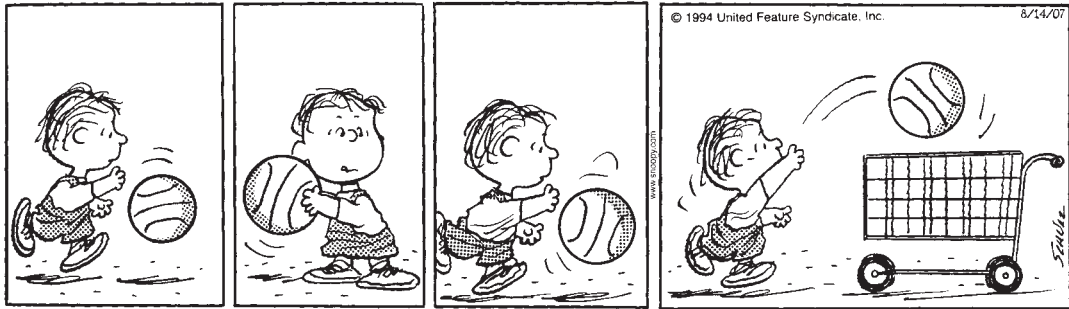
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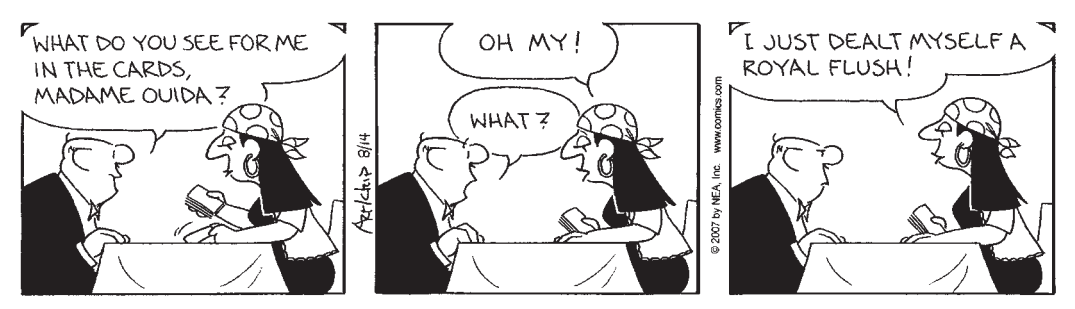
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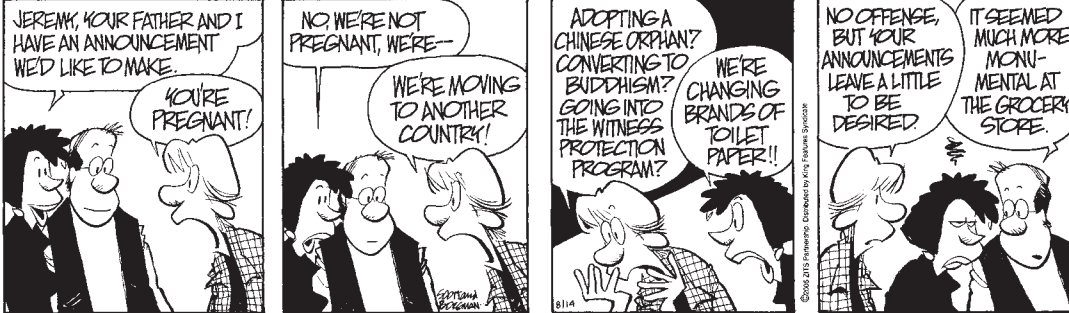
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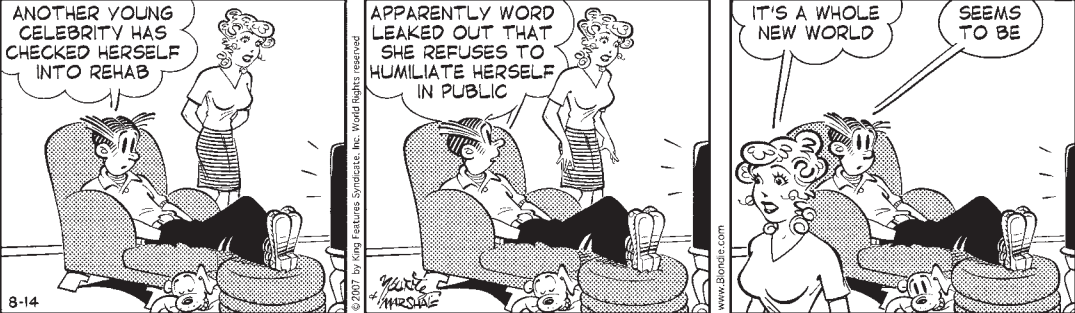
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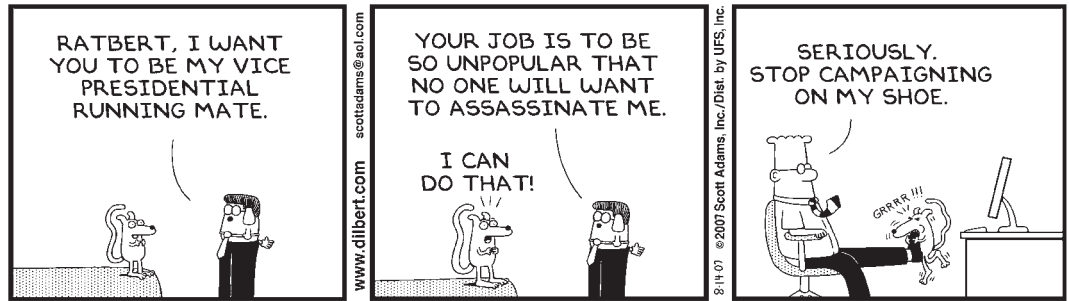
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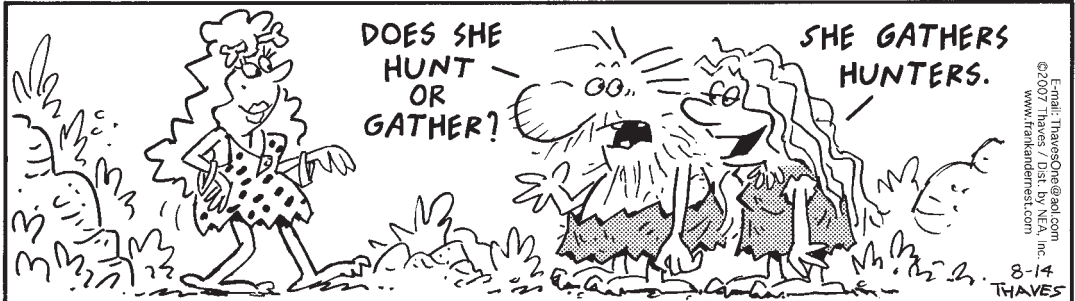
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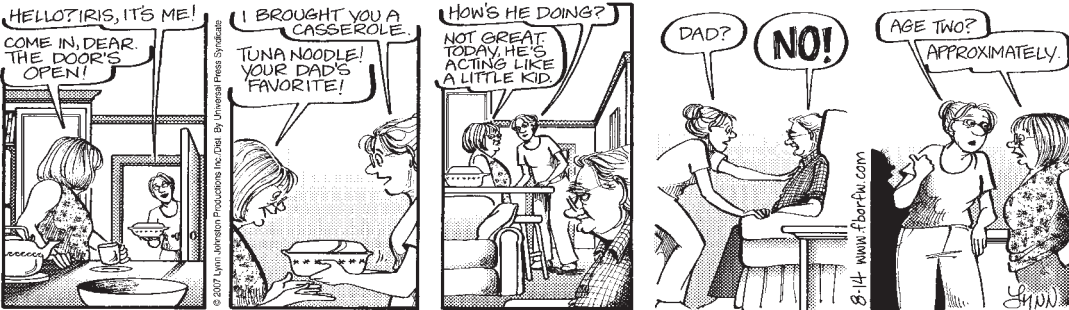
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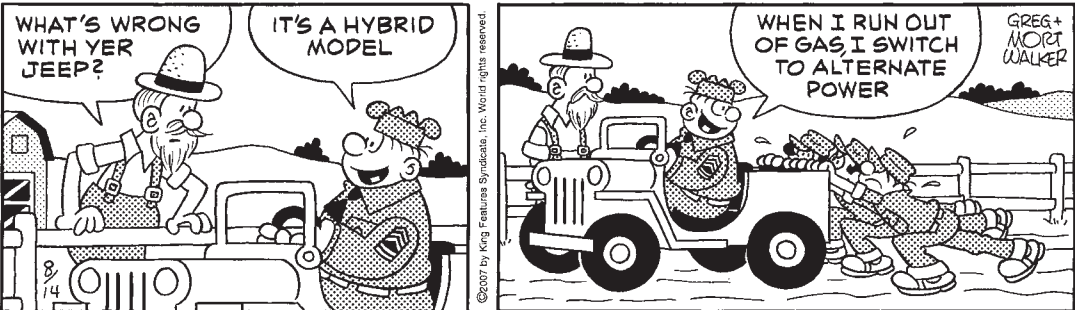
FOR BETTER OR FOR WORSE

by Lynn Johnson



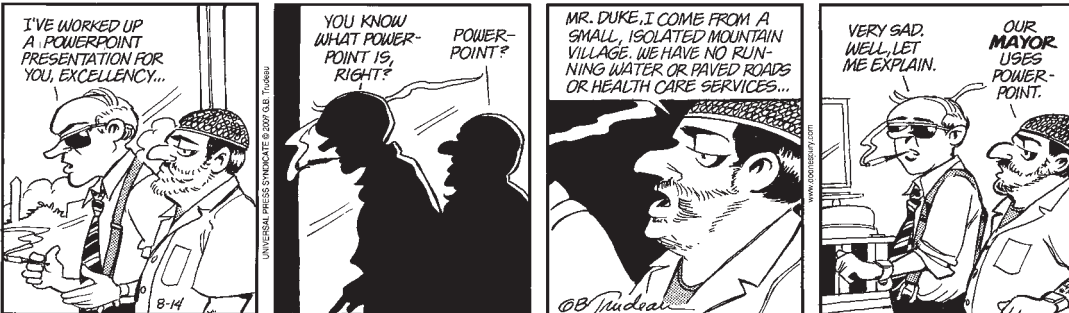
BEETLE BAILEY

by Mort Walker



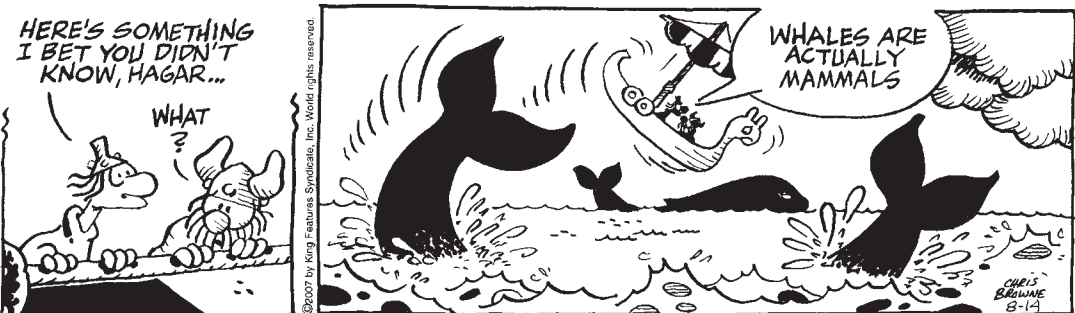
DOONESBURY

by Gary Trudeau



HAGAR THE HORRIBLE

by Dik Browne



Datebook: Tuesday, August 14, 2007

Today is the 226th day of 2007 and the 55th day of summer.

**TODAY'S HISTORY:** In 1935, President Franklin Roosevelt signed the Social Security Act, fulfilling a 1932 campaign promise.

In 1945, V-J Day was celebrated when President Harry Truman announced Japan's

unconditional surrender.

In 2003, 50 million people in the northeastern United States and Canada lost power in one of the largest blackouts in U.S. history.

**TODAY'S BIRTHDAYS:** Steve Martin (1945-), comedian/actor/writer, is 62; Danielle Steel (1947-), novelist, is 60; Gary Larson

(1950-), cartoonist, is 57; Earvin "Magic" Johnson (1959-), basketball player/businessman, is 47; Halle Berry (1966-), actress, is 41.

**TODAY'S SPORTS:** In 1988, the Boston Red Sox lost to the Detroit Tigers, ending Boston's record-breaking 24-game winning streak.

**TODAY'S QUOTE:** "I believe that entertainment can aspire to be art, and can become

art, but if you set out to make art, you're an idiot." -- Steve Martin

**TODAY'S FACT:** According to 2007 population projections, in 2032, the number of older Americans eligible for Social Security will have nearly doubled, from 38 million to 72 million.

**TODAY'S MOON:** Between new moon (Aug. 12) and first quarter (Aug. 20).



ASTROGRAPH

By Bernice Bede Osol



Your Birthday

Wednesday, Aug. 15, 2007

In the year ahead, you could have many great opportunities to use your ideas and concepts in profitable ways. The products of your fertile, creative mind will be much more in demand than ever before.

**LEO (July 23-Aug. 22)** -- Now is the time to be far more assertive with something you are promoting where there is much promise of personal benefit. If this fits your picture, give it top priority.

**VIRGO (Aug. 23-Sept. 22)** -- Today marks the onset of reaping rewards from those people to whom you have been very kind in the past. It's your turn to be the recipient of good deeds and the beginning

of what's to come.

**LIBRA (Sept. 23-Oct. 23)** -- Glimmers of new hope could be making their way into your life, even though what occurs is just the beginning of things to come and may not yet be fully perceptible or appreciated.

**SCORPIO (Oct. 24-Nov. 22)** -- Follow your urges to strive for lofty objectives. Although nothing may be profound at this time, conditions are stirring that could have a positive effect on your affairs.

**SAGITTARIUS (Nov. 23-Dec. 21)** -- Those very same persons who had previously rejected your philosophy or ways of doing things may do an about-face and actually

become protagonists, not antagonists, in your affairs.

**CAPRICORN (Dec. 22-Jan. 19)** -- A dramatic transformation could begin that would open up several major opportunities for you. Take measures now to alter a negative situation that had seemed impervious to change.

**AQUARIUS (Jan. 20-Feb. 19)** -- Any agreement into which you enter at this time has exceptional chances for success. This is because all the parties concerned will be attempting to be as fair as possible.

**PISCES (Feb. 20-March 20)** -- Good work will receive top recognition from those who could further your career

or standing in your field of endeavor. Immediately work on upgrading your performance.

**ARIES (March 21-April 19)** -- Excellent changes are indicated for making new friends or stimulating your social life. Make an extra effort to get out and circulate, and don't be too quick to ignore someone different.

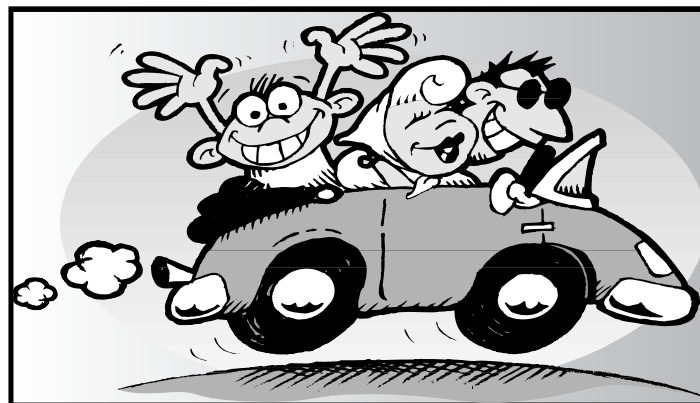
**TAURUS (April 20-May 20)** -- Conditions are exceptionally conducive to making the necessary changes to shore up domestic situations, whether they are personal or simply have to do with your intimate surroundings.

**GEMINI (May 21-June 20)** -- You have what it takes

to convince others to support an enterprise or fresh idea you have that could be significant in advancing your affairs. Don't be afraid to make a bold presentation.

**CANCER (June 21-July 22)** -- There could be far more financial opportunities circling around you than usual. One in particular might be in the early stages of development, and you can get in at the start.

Leo, treat yourself to a birthday gift. Send for your Astro-Graph year-ahead predictions by mailing \$2 to Astro-Graph, c/o this newspaper, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to state your zodiac sign.



Cruise On In TO THE CLASSIFIEDS



Puzzlers

ACROSS

1 Berry product

4 "Woe is me!"

8 Enthusiast

11 Prima donna problem

12 Spanish painter

13 Warrior princess

14 On the fence

16 Harvest

17 Made level

18 — disadvantage

20 Windowsill

21 Pro votes

24 Tough to outfit

28 Hairy insect

30 Wish for

33 Mouths, in zoology

34 Minstrel

35 Pierre's girl

36 Moo goo — pan

37 Deli loaves

38 Pale

39 Lima's port

41 Shuttle launch sound

43 Muzzles

47 Big e-mail server

49 Climb

50 Ow!

53 Ivory (hyph.)

55 Bikini tops

56 "Primal Fear" star

57 Just bought

58 Place to stay

59 Limburger feature

60 Speaker's pauses

DOWN

1 Solitaire

2 Tequila cactus

3 Relocated

4 Sees eye to eye

5 Burglar's "key"

6 Novelist — Rand

Answer to Previous Puzzle

F	L	E	W		A	P	E		I	V	A	N
L	A	T	H		C	A	R		D	E	M	O
O	M	N	I		T	I	R	E	I	R	O	N
	E	A	R	F	U	L	R	O	B	S		
		J	I	V	E	D		R	A	P	T	A
A	G	E	D		L	I	T	E		R	A	M
G	O	T		E	A	T	S		P	O	L	O
	R	O	A	D	I	E		P	A	S	T	A
		M	I	R		B	E	D				
S	I	S	S	Y	B	A	R		L	Y	R	E
E	L	L	E		O	R	E		E	R	A	S
C	L	O	D		P	A	T		D	E	B	S

7 Heroic tale

8 Charge for professional services

9 Literary compilation

10 Short snooze

13 Dental photo (hyph.)

15 Hire

19 — kwon do

22 Auction site

23 Parched

25 Forum attire

26 Mountains or river

27 Shadow

29 Magazine execs

30 Attorney's forte

31 — Khayyam

32 El — (weather phenom)

34 Pin

39 — Magnon man

40 Make a reply to

42 Pleased sighs

44 Fishing net

45 Big computer key

46 Cooks slowly

48 Trademark

49 Frizzy coif

50 Kyoto sash

51 Ode

52 Put up food

54 Served the meal

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1	2	3		4	5	6	7		8	9	10	
11				12					13			
14				15					16			
17								18	19			
20								21		22	23	
			24			25	26	27		28	29	
30	31	32				33			34			
35						36			37			
38				39					40			
	41		42					43		44	45	46
				47		48		49				
50	51	52				53	54					
55						56				57		
58						59				60		

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THE LEARNING CHALLENGER

by Robert Barnett

DIRECTIONS:

A. Using each "Chaos Grid" number with its letter one time, arrange the numbers with their letters for the "Order Grid" so each vertical column, horizontal row, and two diagonals each ADD to numbers inside thick lined cells.

B. Some correct numbers with their letters have been put into the "Order Grid" to get you started. Also, above the "Order Grid" is a "Decoded Message" clue.

C. After you have solved the "Order Grid" doing as direction "A" says, put the letters from horizontal rows, from left to right, under "Decoded Message" and make words to form the answer.

CHAOS GRID

25	36	37	59
S	I	U	O
3	113	91	124
C	R	M	S
48	-40	102	70
L	E	I	R
14	-18	-51	-29
O	C	C	U

CLUE: HIPPODROME

ORDER GRID

				146
				146
	25			146
3		48		146
C			91	146
			M	
146	146	146	146	146

8/14/2007

DECODED MESSAGE:

ANSWERS IN NEXT EDITION

© 2007 Robert Barnett

Answers to Previous Learning Challenger

SULPHUR AND COBALT

30	10	17	25
S	U	L	P
16	26	18	22
H	U	R	A
18	21	17	28
N	D	C	O
18	25	30	9
B	A	L	T

8/13/2007

Run in papers of Tuesday, Aug. 14, 2007

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another. Today's clue: F equals G

" S L P B P G R E M R P O K B G S T M E S L G R

P V B S L ; S L P B P G R M E Y T

M X X M B S K E G S T . " - I M K F Y V R

D V O V B S L K B

" R P G W P S L P I V T . " - L M B V O P

PREVIOUS SOLUTION — "Every day you guys look worse and worse. And today you played like tomorrow." - Hockey coach John Mariucci

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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

LOYKE

ORXYP

REBARN

ENTAIN

www.jumble.com

THAT SCRAMBLED WORD GAME

by Henri Arnold and Mike Argirion

I told you not to use the slingshot inside

WHEN THE LITTLE PRINCE BROKE A CASTLE WINDOW, IT WAS A---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer:

"

(Answers tomorrow)

Yesterday's Jumbles: ERASE CHIDE STURDY SIZZLE

Answer: A President will use the White House for this — HIS "ADDRESS"

Now that the children are grown, divorce is being pondered

**Dear Annie:** My wife and I have been married for 40 years. Along the way, we raised three children and survived family crises, financial difficulties and medical trauma. The problem? My wife is, and always has been, a serial cheater.

Less than a year into our marriage, I found scraps of paper with other men's phone numbers. After the birth of our first child, she began an affair with a co-worker. She would attend parties, returning home at 3 a.m. with her undies in her purse. I even caught her several times in compromising situations. Our third child was conceived during this time, and I still don't know if I'm the father.

During her affairs, my wife avoided sex with me, using excuses such as a lack of libido due to medications, urinary tract infections, too tired, not in the mood, etc. She would initiate a fight so she could storm out of the house to "cool down," when, in actuality, she met up with her lover (whom she was also cheating

ANNIE'S MAILBOX

By Kathy Mitchell and Marcy Sugar

on).

When confronted with her lack of fidelity, she insisted I was crazy. After 10 years, I finally filed for divorce, but when my lawyers said there was little chance I'd get custody of the kids, I moved back home to provide stability for the children.

The children have since grown and moved on, but my wife and I remain prisoners of inertia, now in our 60s and facing retirement. I think about how she threw my love away and destroyed my trust and respect, and it would have been kinder if she had put a gun to my head. So, Annie, should I spend my final years with someone who needs me but doesn't love me? Should I tell our youngest to get a paterni-

ty test? I've been cheated out of more than love. I have been cheated out of life. Should I - Stay or Go?

**Dear Stay or Go:** Some hurts are hard to forgive. We don't recommend a paternity test unless your child has some medical issues that require genetic information. Meanwhile, do you want to find common ground with your wife and stick it out? That might be possible if the two of you get counseling. But if you are still miserable, you deserve to find happiness without her. Good luck to you.

**Dear Annie:** When you go to a friend's dance recital or play, are you supposed to bring flowers or some other small token to congratulate them on all of their hard work? What about when you go to a friend's art exhibit? Is it appropriate to come empty-handed? -- Inquiring about Proper Procedures

**Dear Proper:** You are not required to bring flowers or gifts to a friend's recital, play or art exhibit. However, if you want to acknowledge their efforts by presenting them with flowers or small gifts, it is perfectly appropriate to do so, and sweet as well.

**Dear Annie:** I laughed when I read the let-

ter from "Need a Handyman in Dallas," whose husband never finished projects and wouldn't let her hire someone. My husband is just like that.

My long suffering finally paid off. He went to Singapore on an extended assignment and comes home periodically for a week or so. I miss him, of course, but I have really enjoyed the freedom to hire someone to mow the grass, wash the windows and paint inside and out.

He's due home for good in less than a week. He'll be surprised to see fresh paint and new carpeting, although I once bought new furniture and it took him two days to notice that I had "rearranged the living room." I rearranged it right out to the curb for pick-up.

I agree that she should hire people to finish these projects. After all, it's her home, too. To be fair, I must give her husband points for spending the time with the kids instead. My husband was always at work. -- Happy Homemaker in Vermont

**Dear Vermont:** Sounds like you've found a solution that works for you. Maybe it will free up some extra time for his family.

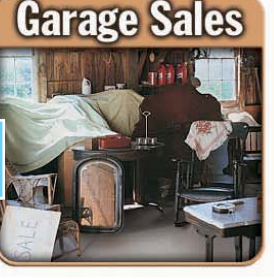
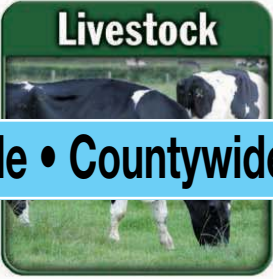
TUESDAY EVENING												
8/14/07	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
BROADCAST CHANNELS												
(2)	MLB Baseball: Giants at Braves	Seinfeld	On the Lot	America's Got Talent (N)	Singing	Ten O'clock News (N)	Seinfeld					
(4)	News (N)	Extra (N)	Hollywood	NCIS "Singled Out" (N)	Big Brother 8 (N)	The Unit (N)	News (N)					
(5)	News (N)	Eye-Bay	Judge J.	Fortune	Laughs	Laughs	Primetime: Crime (N)	i-Caught (N)	News (N)			
(6)	News (N)	Jeopardy!	Fortune	Laughs	Laughs	Primetime: Crime (N)	i-Caught (N)	News (N)				
(6)	News-Lehrer	Calif. Gold	Europe	Nova (N)	(DVS)	Nova (N)	(DVS)	Five Miles High (N)	Nova (N)			
(8)	Paparazzi	Alma Gemela	Película se Anunciará					Alma Gemela	Night Show			
(9)	News-Lehrer	Business	Benise: Nights of Fire (N)			Dave Koz at the Movies (N)		Benise: Nights of Fire				
(20)	Fresh Pr.	My Wife	Jim	Perry Mason (N)		News	Jim	Comics Un.	Cheaters			
(36)	Still Stnd	Still Stnd	'70s Show	'70s Show	Cops (N)	Cops (N)	The Tyra Banks Show	Frasier	Frasier (N)	King of Hill		
(40)	King of Hill	Malcolm	Raymond	Raymond	On the Lot (N)		House (Same-day Tape)	News (N)	(N)	Will-Grace		
(44)	King	King	Simpsons	Simpsons	Gilmore Girls (N)		Beauty and the Geek	Simpsons	South Park	Will-Grace		
(50)	The Insider	Entertain	Becker (N)	Still Stnd	Raymond	Raymond	Frasier	Frasier (N)	Still Stnd	Becker (N)	Blind Date	
CABLE CHANNELS												
A&E	Dog	Dog	Dog	Dog	Dog	Dog	Dog the Bounty Hunter	Angel	Angel	Angel		
AMC	(5:00) Movie: ★★ ★ "Dave"	Movie: "National Lampoon's Vacation" (1983)										
COM	(5:00) Movie: "Grilled"	Scrubs (N)	Daily Show	Colbert	Reno 911!	South Park	Ralphie May	Daily Show				
DISC	Cash Cab	Cash Cab	Lobstermen: Jeopardy	Dirty Jobs (N)	Dirty Jobs (N)	Build It Bigger (N)	Dirty Jobs					
DISN	Suite Life	Suite Life	Montana	Suite Life	Movie: "The Cheetah Girls 2" (2006)	Raven.	So Raven	Life Derek	Suite Life			
ESPN	Series of Poker	The Bronx Is Burning	SportsCenter (Live)	(N)	The Bronx Is Burning	SportsCenter (Live)	(N)	SportsCtr.				
FAM	8 Rules	8 Rules	Grounded	Grounded	Movie: ★★ "Sweet November" (2001)	Keanu Reeves.	Whose?	700 Club				
FSB	In Focus	Pregame	MLB Baseball Chicago White Sox at Oakland Athletics.	(Live)		Final Score	Final Score	Sports				
LIFE	Reba (N)	Reba (N)	Still Stnd	Still Stnd	Reba (N)	Reba (N)	Movie: "No One Would Tell" (1996)	(N)	Will-Grace			
NICK	Zoey 101	School	OddParent	Neutron	Drake	SpongeBob	Videos	Cosby	Cosby	Cosby		
SCI FI	Eureka (N)	(N)	ECW (Live)	Be a Superhero	Eureka (N)	(N)	Twilight Z.	Twilight Z.	The X-Files			
TBS	Seinfeld (N)	Seinfeld (N)	Raymond	Raymond	Raymond	Raymond	Bill Engvall	Raymond	Bill Engvall			
TNN	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	Murder (N)						
TNT	Law & Order "Haven"	Law & Order (N)	(DVS)	Law & Order (N)	(DVS)	Law & Order "Bodies"	The Closer "Blindsided"	Without				
USA	Law & Order: SVU	Law Order: CI	Law & Order: SVU	Law & Order: SVU			Movie: ★★ ★ "American Pie"					
WGN	(4:30) "Without Limits"	WGN News at Nine (N)	Sex & City	Scrubs (N)	Scrubs (N)	Becker (N)	Funnest Home Videos	Behrendt				
PREMIUM CHANNELS												
HBO	"Must	Rush Hour	Movie: ★★ ★ "War of the Worlds" (2005)	(N)	Bill Maher: The Decider	REAL Sports		Entourage				
MAX	"3 to	Movie: ★★ ★ "Jet Li's Fearless"	(15)	Movie: ★ "The Wash" (2001)	Dr. Dre.	Movie: ★★ "The Marine" (N)						
SHOW	"Eliza	Movie: "The Honeyymooners" (N)	Movie: ★★ ★ "Madae's Family Reunion"			Weeds	Weeds	Californ				



The Ukiah Daily Journal



707-468-3500



Local • Statewide • Countywide • One Call - One Bill - We make it EASY for you!

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- 760...Lots/Acres
- 770...Real Estate

800 JUST LISTED!

JUST LISTED

Let us feature your ad in this space on the first day of insertion

Only \$10.00\*

\*Does not include price of ad

601-07

NOTICE OF TRUSTEE'S SALE

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED August 6, 1993. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On August 29, 2007, at the hour of 10:00 a.m., at the main entrance to the Mendocino County Courthouse, located at 100 North State Street, City of Ukiah, County of Mendocino, State of California, PRIME PACIFIC, a corporation, as Trustee will sell at public auction, to the highest bidder for cash in lawful money of the United States, all payable at the time of sale, real property situated in the County of Mendocino, State of California, commonly known as 2500 Black Bart Trail, Redwood Valley, California (APN: 166-110-30 and 166-110-37), and is more particularly described in Exhibit "A" attached hereto.

If a street address or common designation or property is shown in this notice, no warranty is given as to its completeness or correctness. The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein.

The total amount of the unpaid obligation, together with reasonable estimate of the costs, expenses and advances at the time of the initial publication of this notice is \$64,741.91. It is possible that at the time of sale the opening bid may be less than the total indebtedness due.

The sale will be made without covenant or warranty regarding title, possession, or encumbrances to satisfy the obligation secured by and pursuant to the power of the sale conferred in that certain Deed of Trust executed by ASHOK KUMAR MISRI, and unmarried man, as Trustor, to REDWOOD EMPIRE TITLE COMPANY OF MENDOCINO COUNTY, a California corporation, as Trustee, for the benefit and security of RICHARD E. BIELENBERG and RUTH B. BIELENBERG, husband and wife as Joint Tenants, as Beneficiary, dated August 6, 1993, and recorded September 9, 1993, in Book 2112, at Page 497, Official Records of Mendocino County, and said property will be sold "as is" and no warranty or representation is made concerning its present condition.

PRIME PACIFIC was substituted as trustee under that certain document recorded February 25, 2003, in Document No. 2003-04881, Official Records of Mendocino County. The address and telephone number of the trustee is: PRIME PACIFIC, Post Office Box 177, 445 North State Street, Ukiah, California 95482; Telephone: (707) 468-5300. Notice of Default and election to sell the described real property under the mentioned deed of trust was recorded on April 27, 2007, in Document No. 2007-07985, Official Records of Mendocino County.

8-7,14,21/07

The name, address, and telephone number of the Beneficiary (or Beneficiary's agent) at whose request this sale is to be conducted is: Ruth Bielenberg, 430 River Bend Road, Roseburg, Oregon 97470, telephone: (541) 957-0381.

Dated: August 2, 2007  
PRIME PACIFIC, INC.  
/s/Mary F. Morris, President-Trustee  
MARY F. MORRIS  
No. M-07-39F  
Tract One:

Parcel #2 as set forth on that certain parcel map minor division #106-72, recorded September 28, 1972 in Map Case 2, Drawer 19, Page 2, Mendocino County Records. APN: 166-110-30  
Tract Two:  
A triangular parcel of land commencing at the southwest corner of parcel two (2) as delineated on that certain parcel map filed for record on September 28, 1972 in Map Case 2, Drawer 19, Page 2 in the Office of the Recorder of Mendocino County, California, thence easterly along the southerly boundary of said parcel two (2) and parcel three (3), a distance of 951.38 feet more or less to the northwest corner of the lands of Saegert and the northeast corner of the land of Guntly as indicated on said map, thence southerly from said point and along the boundary between Saegert and Guntly a distance of sixty (60) feet, thence westerly a distance of 952 feet more or less to the point of commencement.

Excepting therefrom that portion thereof conveyed in the deed to Fred M. Austin, recorded July 21, 1978 in Book 1160 Official Records, Page 216, Mendocino County Records. APN: 166-110-37

605-07

8-7,14,21,28/07  
ORDER TO SHOW CAUSE  
FOR CHANGE OF NAME

Case No. SCUK CVPT-07-99069  
SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO, Court House, Ukiah, CA 95482  
IN THE MATTER OF THE APPLICATION OF: Graciela Delgado  
THE COURT FINDS that Petitioner(s) Graciela Delgado has/have filed a Petition for Change of Applicant(s)' name FROM Graciela Delgado, Gracia Delgado  
TO Gracie Delgado  
THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:

HEARING DATE: August 14, 2007 at 9:30 a.m. in Dept E, located at Court House, 100 N. State Street, Ukiah, California 95482  
Dated: August 1, 2007  
/s/ Conrad L. Cox  
CONRAD L. COX  
Judge of the Superior Court

PUBLIC NOTICE

585-07

7-31,8-7,14,21/07  
FICTITIOUS  
BUSINESS NAME  
STATEMENT

File No.: 2007-F0522  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

KOOL HAND RANCH & FARM CONSULTING  
13355 Eel River Rd.  
Potter Valley, CA 95469  
Lucas Michael Davis

This business is conducted by an Individual. The registrant commenced to transact business under the fictitious business name or names listed above on August 15, 2007. Endorsed-Filed on July 30, 2007 at the Mendocino County Clerks Office. /s/Lucas Michael Davis  
LUCAS MICHAEL DAVIS

620-07

8-14,21,28,9-4/07  
FICTITIOUS  
BUSINESS NAME  
STATEMENT

File No.: 2007-F0541  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:  
SOMMERSVILLE CELLARS, ALBION, ELK VINEYARDS, CAMERON HUGHES WINE

501 Parducci Rd. Ukiah, CA 95482  
Mendocino Wine Group, LLC  
This business is conducted by a Limited Liability Company. The registrants commenced to transact business under the fictitious business name or names listed above on Aug. 3rd, 2007. Endorsed-Filed on Aug. 3rd, 2007 at the Mendocino County Clerks Office. /s/Timothy L. Thornhill  
TIMOTHY THORNHILL C.O.O.

PUBLIC NOTICE

621-07

8-14,21,28,9-4/07  
FICTITIOUS  
BUSINESS NAME  
STATEMENT

File No.: 2007-F0546  
THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:  
UKIAH CELLARS

501 Parducci Rd. Ukiah, CA 95482  
Mendocino Wine Group, LLC  
501 Parducci Rd. Ukiah, CA 95482

This business is conducted by a Limited Liability Company. The registrants commenced to transact business under the fictitious business name or names listed above on Aug. 7th, 2007. Endorsed-Filed on Aug. 7th, 2007 at the Mendocino County Clerks Office. /s/Timothy L. Thornhill  
TIMOTHY THORNHILL C.O.O.

CLASSIFIEDS

468-3535 or 468-3536 or 468-3529

10

NOTICES  
ADOPTIONS & FOSTER CARE  
TLC Child & Family Services seeks families. Reimbursement, training & professional support provided. 463-1100 #236800809

Climbing The Mountain... Together

Alzheimer's Caregiver Benefit Grace Hudson Museum Sat. Sept. 8 2-6 pm Tickets \$25

Several dynamic local artists will perform. Sponsored by: Thrivent Financial for Lutherans & Soroptimist International of Yokayo Sunrise. Tickets: Mendocino Book Co., Ukiah Chamber of Commerce Ukiah, and Leaves Of Grass, Willits or any Committee Member or Carole Hester @ 707-463-1231. Fantastic silent auction items available!

God Creator Knows who will be the majority in America in 2050. God only knows.- Frances

20

PERSONALS  
A Compassionate Caregiver HISS 162hr/mo \$9.50 /hr Shopping, Cooking, Dr. Appts. Benefits. Call 463-2423

30

LOST & FOUND  
2 Horses Found on 9000 Block of West Road in Rdwd Vly on 8/9/07. Call to identify 485-1525

Does anybody own the nice young orange cat now living on my front porch? Corner of Oak Park Ave. & Clay St. 462-9719

Found Miniature black & white terrier. Corner School Way & West Rd. Rdwd. Vly. 318-9772

LOST DIGITAL CAMERA at Fiargrounds on 8/12. Very important pics please return memory card to 207 Laws Ave 391-5480

30

LOST & FOUND  
I would like to think that the person who dumped me and my 4 brothers and sisters at Vinewood Park on Wednesday 8/78 was letting us have a chance to play, but the never came back. At just 4 months anything could have happened to us! Now we are guests at the Ukiah shelter. There is no play equipment here or grass to play on by we feel lucky to be safe. Sage the adoption Coordinator is taking applications for our adoption. We will be big dogs. Come meet us at 298 Plant Rd or call 467-6453

AGWOOD MILL & LUMBER  
Ukiah sawmill seeks exp. SAW FILER in both round saws & band saws. Immed. hire. Mark 489-8663 or Randy 489-8661  
All Shifts FT & PT Available!!!  
No experience needed. Higher wage with experience This year's seniors welcome. Full training provided. Drug testing required, cannabis not tested for hire. Assist disabled in their home and on outings. Call for interview 485-5168, 485-0165, 468-0602

120

HELP WANTED  
Administration NORTH COAST OPPORTUNITIES Chief Financial Officer  
Oversee all fiscal activities of \$20M/yr Community Action Agency. BA in Acctg or Finance + 5 yrs incr. resp mgmt exp. pref in public or govt-funded non-profit human serv org. Min 2 yrs supv exp. FT. Starts at \$5083-\$5337/mo. DOQ + ben. NCO appl required. (800)606-5550 ext 302 or jmichele@ncoinc.org for app & job desc. Open Until Filled. First rev. of apps: 8/15/07. EOE

Compliance Officer  
Central Office, Nice, CA. Native American Cash Assistance Program F/T w/Benefits, \$35k-40K Closing 8/15/2007 Application & Job Description at www.cttp.net Fax to 707-274-4233 Resume & Application More info contact Colleen Pete at 707-262-4404 Indian Hiring Preference Applies.

Beautician  
Flexible Hrs. Loves to work w/ Seniors. Valley View 1162 S. Dora 462-1436

Inside Customer Service. Benefits. Computer lit. Will train. Apply 960 N. State St., Ukiah

120

HELP WANTED  
Administration NORTH COAST OPPORTUNITIES Human Resources Officer  
Administers all HR functions for non-profit, human serv org. 250 emp, multiple locations, partly unionized. Req. BA + 5 yrs prog resp exp in managing HR Dept, pref in non-profit. Pref HR prof'l. cert. Min 2 yrs supv exp. Knowledge of labor law, collective barg environ, safety, best HR practices. Starts at \$3,885-\$4,079 mo DOQ + ben. NCO app required. (800)606-5550 Ext 302 or jmichele@ncoinc.org for app/job desc. Open Until Filled. First rev of applications: 8/15/07 EOE

BOOKKEEPER  
P/T w/busy real estate office. Quickbooks exp. nec. Payroll, AR & AP. Knowledge of office equipment & procedures a+. Hourly wage based on exp. Send reply to box 03092, c/o Ukiah Daily Journal, P.O. Box 749, Ukiah, CA 95482-0749.

BUS DRIVER  
Do something good for yourself & your community. Join the professional team at Mendocino Transit Authority as a F/T driver. You must have a valid driver's license, a clean driving record, possess excellent customer service skills & a solid work ethic. Must be able to communicate effectively both orally & in writing in English. Work will be in Ukiah/Willits/Laytonville/RdwdVly driving buss & cab. This position is guaranteed 32 hours per week. Pay range - \$11.48 to \$15.64/hr. Paid training program & excellent benefits. Apply at MTA, 241 Plant Road, Ukiah. This position will remain open until filled. EOE

Caregiver (live in) Thurs - Mon. Noon to Midnight 485-0864

CNA  
Day shift available. Apply in person 1162 S. Dora. St.

Inst. Asst. for severely disabled student. F/T, w/ benefits. \$11/hr, start at 8/20. Sandra 468-8658

120

HELP WANTED  
Bilingual Staff Secretary  
Entry-level support position in Child Development Dept. Read, write & speak Spanish. HS grad or GED, 2 yrs clerical or secretarial exp. 45 wpm keyboarding \$12.74-\$16.26/hr Mendocino County Office of Education Visit www.mcoe.us/jobs 467-5012 or hr@mcoe.us DEADLINE: 8/23/07



120 HELP WANTED

**Come Work With Our Team with developmentally disabled adults.** F/T, P/T in home setting. Pick up application 1000 Sanford Ranch Rd. Ukiah or call 468-9331

**Construction Worker**  
Basic exp., basic tools & transportation. 485-1991

**DIESEL MECHANIC**  
5 yrs. exp. Good pay. + benefits. Clean DMV. 462-9318.

**DME Biller**  
Salary DOE Blue Drug Please Call 468-5220

**Exp. Grill Cook** For Mornings. 20-40 hrs/wk M-F **462-4530** 3166 N. State St.

**Fabricator Welder Mechanic**

Ukiah. Full time. Benefits. \$25/hr. Must be qualified. Fax resume to **462-5258**

**Full-Time LVN Tired of high case loads?** Provide support to 6 adults with Devel. Disabilities in their home and supervise staff. Office 485-5168 Cell 489-0022

**General Office Assistant- Swing Shift** Hectic office needs a team player, dependable and pleasant with the public. Skills required include typing, filing, and 10 key by touch.

Duties to include processing huge volumes of mail, scanning, filing and sample control. Lots of standing, stooping, and lifting (up to 50#). Good Pay and benefits to the right person. Apply in person (no phone calls). Alpha Analytical Laboratories, 208 Mason St., Ukiah. Or email **sspeaks@alpha-labs.com**

**Hairstylist:** Shag Salon & Supply in Ukiah is Looking for Enthusiastic team players. We offer salary, commission, paid vaca, cont. educa & more. Newly lic. encouraged. Apply in person at 1252 Airport Park Blvd.

**Help Wanted.** Sales Assist/ Embroidery Tech. Apply at Perkowski Screen Printing 1188 N. State St. Ukiah or fax resume 462-5266

**HOUSEKEEPER**  
Good hours M- F 7am - 1:45 pm. Apply in person 1199 S. Dora St. Ukiah

**IN WEST SIDE-HOME, INFANT CARE NEEDED** 24-30 hrs/wk 463-2898

**Journeyman Fitter** /Welder Berkeley Factory: Top Pay + O/T + Benefits. Immediate Start. Ed 510.526.3071

**Journeyman Level Auto Mechanic**  
Call Mike at 462-6920

**KZYX&Z Public Radio** seeks 2 community minded people to join our team.

Membership & Events Coordinator- responsible for membership strategy, events, & tracking monies. Creativity & comfort w/ databases req. **Operations Director**- oversees facilities & operations incl equip, network, & emergency systems. Strong communication & tech skills req. Job descriptions online at **kzyx.org**. FT, salary DOE, benefits. Cover letter, resume, and refs to: Box 1, Philo, 95466 or **gm@kzyx.org**.

●**Cooks/Servers**  
●**Hosts/Hostess**  
Apply at **ZACKS** 1430 N. State.

**Local Flavor**  
now hiring. Counter/ Server. F&P/T days. Apply 210 S. State.

**Residential Care Manager** needed to work with adults with developmental disabilities. Must have experience in this field, valid DL, insurance, high school diploma. Background check and drug testing required EOE. Salary DOE. Apply at 401A Talmage Rd. Ukiah 462-2395 Facility # 236801959

120 HELP WANTED

**Looking for a NEW Career?** Live where you work? Assistant Management TEAM wanted for Lrg. Apt. Community. TEAM will share FREE 2-bed Apt. Salary, Pd. Vacation, Health ins. available. Full-time maintenance person must be motivated and have skills in basic maintenance repairs. Part-time office help/cleaner must be reliable and able to multi-task. Email resume or letter of interest to **apt.mgrs@sbcglobal.net** or fax (707)467-1116. EOE

**Machinist Journeyman** Berkeley Factory: Top Pay + O/T + Benefits. Immediate Start. Ed 510.526.3071

**Metal Analyst**  
Fast paced environmental laboratory. BA/BS in Chemistry and experience in AA, GF, ICMS and other related experience preferred. 401 K plan, good salary, long established business. No phone calls. Respond with resume to 208 Mason St.

**MOUNTAIN VIEW ASSISTED LIVING (senior housing) NOW HIRING CAREGIVERS MED PASSERS BEAUTICIAN ALL SHIFTS**  
Drug test & background check required. Wage DOE Apply at 1343 S. Dora St. Ukiah

**NEW EXCITING POSITION WORKING WITH KIDS**  
**6 wks pd vacation**  
**403 B.** Small home-like environment, good pay & bens. Starting sal \$11.76+ hr. On the job training prov. Flex. F/T, P/T pos. avail. Fax resume to 463-6957

People to work with developmentally disabled adults one on one in their own home. All Shifts available. Call **Cindy 468-9331**

**PHARMACY CLERK/ TYPIST** in training. Computer, typing, MATH, people skills, P/T 9-1, or 4-8, or F/T. Sal. DOE, drug test. **BLUE DRUG 707-468-5220**

**PLANNING COORDINATOR:** 20 hrs wk. Facilitate project planning for school, state preschool. Assist w/grant proposals/community meetings. Exp writing & community organizing pref. Computer literate, work some eves, wknds, reliable vehicle. Spanish speaking desirable. 1 yr commitment. fax resume: (707)468-1698, email: **BalleyT@rcs4kids.org**.

**Red Fox Casino NOW HIRING**  
● Auditor - P/T  
● Kitchen  
● Tech  
● Security,  
● Cashiers  
● 2 Floor Managers  
● Exp. promotions & marketing person.  
**Friendly attitude helpful. Willing to train. 984-6800 or come in for application. 200 Cahto Dr. Laytonville**  
●●●●●●●●●●  
**Now offering employee insurance after 90 days.**

**RN Case Manager**  
Help the elderly avoid nursing homes. RN required, 32 hrs/wk, Excl. benefits.  
**Resume, cov Ltr. To** MSSP/Community Care, 301 S. State St., Ukiah, 95482 or fax 707-468-5234 EOE

**RN/LVN, F/T Days and PM shifts.** Apply in person 1162 S. Dora. See Deana

**Schat's** is looking for Lunch Cooks & Exp. Dinner Cooks. Apply within at 113 W. Perkins ask **Lisa** or **Erica**.

120 HELP WANTED

**ROCK AND ROLL**  
18-23 people needed to travel full time representing todays hot-test publications. Rock and Roll atmosphere. Hotel & transportation provided. Paid daily, must be 18 or older and able to start today. Call 866-679-6750

Security  
**SECURITAS USA**  
Make a Difference & Be a Part of a Winning Team! Guard card preferred or training avail. Uniforms Provided. Retiree's welcome. Apply online **www.securitasjobs.com** AA/EE/M/F/V

**Sherwood Oaks Long Term Care Facility**  
is currently hiring for the following management and staff positions:  
•**MDs/Resident Assessment Coordinator, RN**  
•**Director of Staff Development LVN or RN**  
•**RN/LVN charge nurses**  
•**Certified Nursing Assistants**

Come join our great team on the coast! Call Kim Butler at (707) 964-6333 or pick up application at 130 Dana St., Fort Bragg CA

**TEACHER-Drafting \$27.84-46.36/yr**  
Ukiah High School 1 hr/day, 5days/wk, 10 mos/yr. Regular teaching credential not required. Visit **www.mcoe.us/jobs** or call 467-5012  
**DEADLINE: 8/16/07**

**TEACHER-Office Occupations \$27.84-\$46.36/hr**  
South Valley High School. 2 hrs/day (7:30-9:30am), 5days/wk, 10 mos/yr. Regular teaching credential not required. Visit **www.mcoe.us/jobs** or call 467-5012.  
**DEADLINE: 8/16/07**

Tech. Support Operator. SaberNet P/T. Resume to **marketing@saber.net** or fax 467-0199. by 8/19.

**THERAPEUTIC RES. COUNSELOR:** FT & O/C. Provide direct care & sup for each ind child. Excel benf, supp work env. AA &/or exp w/at-risk youth pref. not req'd. \$10-\$14 DOE. Job #08-TX **REHAB SPEC.** PT&FT. Assist in providing self-care/beh. training for children & youth. Must have AA +6yrs, BA +4yrs or MA +2yrs exp w/at-risk youth in mental health or equiv combo of edu & exp. \$18-\$30 DOE. Job#08-RS. Must pass fingerprint bgkd, phys & TB before hire. Valid trans, clean DMV. Specify job # applying for in cover letter. P.O. Box 422 Ukiah CA 95482, Fax: (707) 462-6994. Facility #236802089. EOE

**TLC Child & Family Services**  
seeks 2 additional homes for Shelter Care program  
Applicants need to have at least 1 spare bdrm to house a child for up to 30 days. Guaranteed monthly allotment. Generous increase upon placement. Income tax-exempt. Exp. with children req. Parents will receive training, + Social Worker, in-home support & respite. Need 1 or 2-parent homes, with 1 parent home full time. Home with no more than 1 biological child considered.  
Retirees invited to apply. **Contact TLC 707-463-1100 Lic#236808009**

**TRUCK DRIVER**  
Class A, seasonal for wine grape deliveries. Hourly wage DOE. Good attitude and flexibility essential. Drug test required. Beckstoffer Vineyards. 462-6624

120 HELP WANTED

**TRINITY YOUTH SERVICES Child Care**  
Swing & graveyard shifts available. Starting \$9.40 per hr. On call \$9 per hr. Qualif. 21 years old, Med. & drug exam, T.B. test, criminal background check. Great benefit pkg. Apply **915 W. Church St. Ukiah 95482**

UPS STORE #4155 2010 Harbison Drive. Vacaville, CA 95687 707-447-0623

**140 CHILD CARE**  
**TONYA'S TLC PLAYCARE** pre-school program 463-2443 lic #230003557

**250 BUSINESS RENTALS**  
For Lease 1000 sf office. Retail. \$650/mo. 462-9328

**OFFICE SPACE**  
206 Mason St. available 462-6377

**300 APARTMENTS UNFURNISHED**  
\$850+\$400 dep cozy 2 BR wtr/garb pd. A/C, Indry 232 Mason St. Ukiah. 433-4040

**1&2bd Apts. available on 351 N. Main**  
\$800/\$875/mo, no pets. 462-4759

**1bdr with W/D. \$775 + dep.** 304 Cooper Ln. (cnr Waugh. No pets. 462-4044

**LEE KRAEMER PROPERTY MGMT**  
Spacious 1bd1ba. \$750.

**POOL, LAUNDRY, CARPORTS**  
No Section 8. 463-2134

**NEWER 2 BEDROOM. DW/Garage+pool \$850 mo. 463-2325**

**PARK PLACE**  
1 bd. \$750-\$775 2 bdr. \$850 TH \$950. Pool/garg. 462-5009

**SMALL STUDIO APT.** No pets, available now \$500/mo. 467-3637

Sml downtown apt. \$525 mo. incl gas. \$525 dep. 463-8642 8am-6pm

**Spacious 2bd. Pool.** H20, trash pd. \$825. Also 1bd. \$700. Ht. AC Pd. N/P. 462-6075

**STUDIO Apt \$675** 462-8548 **www.pacificsites.com /-kporter/studio.html**

**Century 21**

UKIAH

MOVE IN SPECIAL at 1416 S. State St. 3bd2ba. townhse.

140 Zinfandel 1bd1ba. \$660 Hud OK.

CENTURY 21 Les Ryan Realty Property Management 468-0463

320 DUPLEXES

**1bdrm w/ yd. W/S/G** elec pd. Appli. & carpet. \$800 + dep. No S/D. Ref. req. Rdwd. Vly. 485-7949 lv. msg

**2BD/1BA GAR, YD.** n/p, \$900/mo. water & sewer incl. + sec. 391-5852

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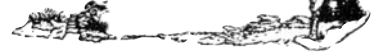
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The Ukiah Daily Journal publishes home improvement and construction advertisements from companies and individuals who have been licensed by the State of California. We also publish advertisements from unlicensed companies and individuals.

All licensed contractors are required by State Law to list their license number in advertisements offering their services. The law also states contractors performing work of improvements totaling \$500 or more must be licensed by the State of California.

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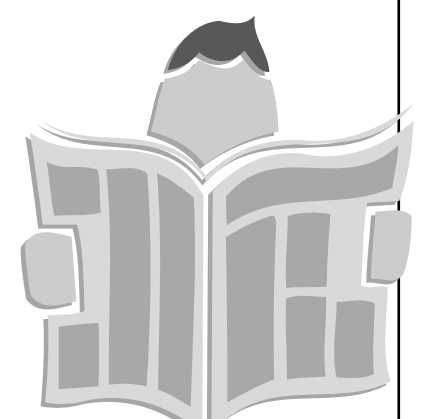
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**TODAY**

87°

Sunny

**TONIGHT**

54°

Areas of low clouds and fog forming

**WEDNESDAY**

89°

54°

Low clouds followed by sunshine

**THURSDAY**

86°

50°

A full day of sunshine

SUN AND MOON

Sunrise today ..... 6:25 a.m.  
Sunset tonight ..... 8:10 p.m.  
Moonrise today ..... 8:08 a.m.  
Moonset today ..... 9:06 p.m.

MOON PHASES

First Full Last New

Aug. 20 Aug. 28 Sept. 3 Sept. 11

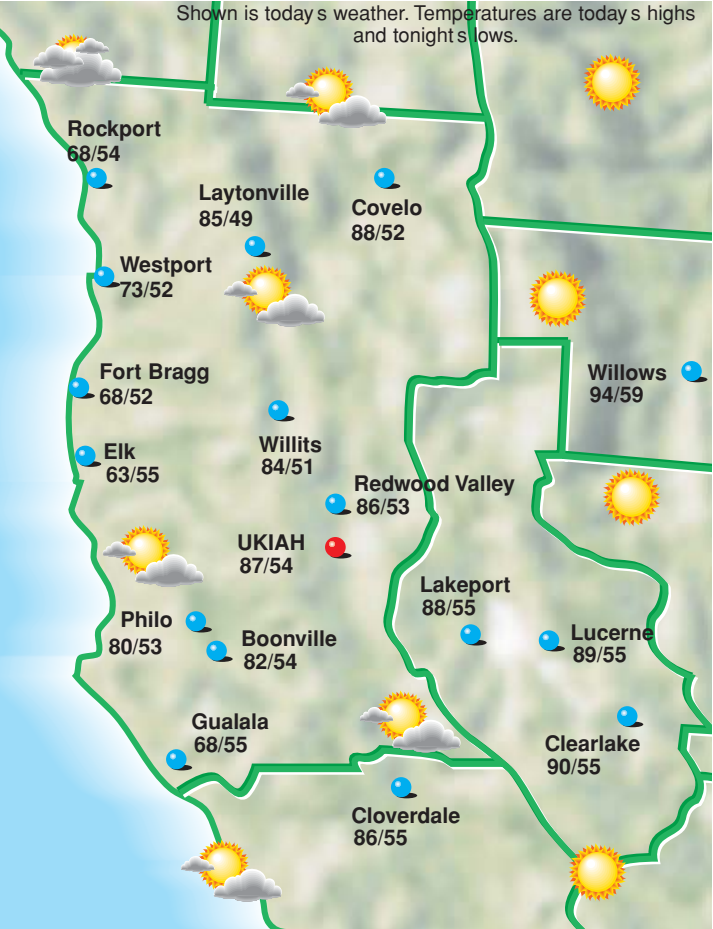
ALMANAC

Ukiah through 2 p.m. Monday

Temperature	
High .....	89
Low .....	48
Normal high .....	91
Normal low .....	55
Record high .....	111 in 1933
Record low .....	41 in 1921
Precipitation	
24 hrs to 2 p.m. Mon. ....	0.00"
Month to date .....	0.00"
Normal month to date .....	0.06"
Season to date .....	0.12"
Last season to date .....	0.00"
Normal season to date .....	0.11"

Forecasts and graphics provided by  
**AccuWeather, Inc.** 2007

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today		Wed.	Today		Wed.
	Hi/Lo/W			Hi/Lo/W		
Anaheim	91/67/s		90/67/pc	Napa	84/55/s	83/53/pc
Antioch	85/57/s		85/57/s	Needles	113/88/t	113/88/s
Arroyo Grande	80/55/pc		80/52/pc	Oakland	73/57/pc	72/57/pc
Atascadero	91/56/pc		91/57/pc	Ontario	102/66/s	100/68/s
Auburn	93/62/s		91/61/s	Orange	92/66/s	88/64/pc
Barstow	109/79/s		108/80/s	Oxnard	74/60/pc	74/61/pc
Big Sur	76/53/pc		75/56/pc	Palm Springs	112/84/s	111/85/s
Bishop	99/57/s		99/58/s	Pasadena	95/67/s	92/68/s
Blythe	111/88/t		112/88/s	Pomona	98/66/s	93/63/s
Burbank	99/66/s		92/66/s	Potter Valley	87/53/s	84/54/s
California City	104/73/s		104/66/s	Redding	98/58/s	97/63/s
Carpinteria	72/59/pc		72/60/pc	Riverside	104/67/s	100/68/s
Catalina	72/64/pc		72/62/pc	Sacramento	90/59/s	90/57/s
Chico	94/62/s		92/63/s	Salinas	73/57/pc	71/56/pc
Crescent City	61/52/pc		62/53/pc	San Bernardino	98/66/s	97/68/s
Death Valley	122/87/s		122/87/s	San Diego	76/68/pc	76/68/pc
Downey	90/66/pc		87/67/pc	San Fernando	96/67/s	94/66/s
Encinitas	81/66/pc		81/67/pc	San Francisco	72/57/pc	72/57/pc
Escondido	94/67/pc		90/66/pc	San Jose	82/58/s	80/58/pc
Eureka	63/50/pc		65/53/pc	San Luis Obispo	80/55/pc	79/56/pc
Fort Bragg	68/52/pc		67/53/pc	San Rafael	68/55/pc	68/56/pc
Fresno	102/70/s		102/70/s	Santa Ana	80/67/pc	80/66/pc
Gilroy	83/57/pc		82/54/pc	Santa Barbara	77/57/pc	74/57/pc
Indio	111/82/s		109/82/s	Santa Cruz	75/55/pc	73/56/pc
Irvine	80/67/pc		82/66/pc	Santa Monica	77/64/pc	77/65/pc
Hollywood	92/65/pc		89/66/pc	Santa Rosa	82/51/pc	84/51/pc
Lake Arrowhead	92/62/t		92/55/s	S. Lake Tahoe	81/44/s	80/44/s
Lodi	92/58/s		92/58/s	Stockton	92/58/s	93/59/s
Lompoc	71/54/pc		71/60/pc	Tahoe Valley	81/44/s	80/44/s
Long Beach	84/67/pc		85/66/pc	Torrance	83/65/s	82/66/pc
Los Angeles	89/66/pc		88/65/pc	Vacaville	93/57/s	91/58/s
Mammoth	76/50/s		76/45/s	Vallejo	72/56/pc	71/55/pc
Marysville	93/61/s		93/57/s	Van Nuys	100/67/pc	97/66/s
Modesto	94/63/s		92/62/s	Visalia	97/65/s	97/64/s
Monrovia	96/66/s		94/68/s	Willits	84/51/s	81/51/pc
Monterey	69/55/pc		68/55/pc	Yosemite Valley	99/57/s	99/58/s
Morro Bay	69/57/pc		69/56/pc	Yreka	90/50/s	93/52/s

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

**Lake Mendocino** – Lake level: 728.54 feet; Storage: 54,020 acre-feet (Maximum storage 122,500 acre-feet) Inflow/Outflow: not reported  
**Air quality** – Ozone: .032 ppm (State standard .090 ppm) Carbon monoxide: .43 ppm (20.0 ppm) Nitrogen dioxide: .004 ppm (.25 ppm)

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Peer reviews flunk Bush plans for spotted owl

By JEFF BARNARD  
AP Environmental Writer  
GRANTS PASS, Ore. — The Bush administration’s plans for saving the northern spotted owl from extinction have flunked a peer review by scientists.

Under a contract with the administration, the Society for Conservation Biology and the American Ornithologists’

**Hospital reunion on tap**

There will be a Ukiah General Hospital Reunion Aug. 25 from 4 to 8 p.m. at the Broiler Steakhouse. The cost is \$23. Make your reservation with Nyota Wiles bu Friday at 462-9589 or email her at nyotawiles@pacific.net.

Union said the government did not consider all the best available science, a requirement of the Endangered Species Act, before making room for more logging in old-growth forests.

The organizations reviewed a draft recovery plan that rates the invasion of the barred owl into spotted owl territory a greater threat than habitat loss, as well as a proposal to reduce critical habitat for the owl by 22 percent.

The two proposals are key to plans to bring back clearcut logging in old-growth forests on U.S. Bureau of Land Management forests in Western Oregon, aimed at increasing timber production and restoring timber revenue to county governments.

The reviewers of the recovery plan said there appears to be a scientific consensus that the plans would not only fail to bring back owl populations

but also would result in downgrading its status from threatened to endangered.

The bird has suffered over the long term from logging in its old-growth forest habitat, and in the last few years it has faced a threat from an invasive relative, the barred owl.

“The recovery team failed to make use of the best available science and, in fact, appears to have selectively cited from the available science to justify a reduction in habitat protection,” they wrote. “Based on current information, far too much emphasis is placed on the adverse effects of barred owl range expansion.”

A separate review of the proposal to reduce critical habitat for the owl by 22 percent earned an even harsher review, expressed in a letter from society North American Section President Reed Noss .

Bypass

Continued from Page 1

ject management, design, right-of-way and environmental planners.

The project will now be completed in phases because of a lack of funding from the Cash Management Improvement Act. A press release issued by Caltrans explained that they decided to complete the project in phases “to reduce the initial capital outlay.”

At the June 2007 California Transportation Commission meeting \$60 million was allocated for the bypass. The additional funds were made possible by the votes that approved Proposition 1B, which was on the ballot in November of 2006.

Caltrans began designing plans for Phase 1 of the pro-

ject that will create a new portion of US 101. Phase 1 of the four-lane bypass project has been included in the State Transportation Improvement Program with cooperation and funding from The Mendocino Council of Governments.

Phase 1 proposes construction of a two-lane bypass through the valley from the south end of the project at Haehl Creek to the north end of the project at Quail Meadows. A four-lane interchange at Haehl Creek and a two-lane interchange at Quail Meadows are also included in the plan.

Right-of-way appraisal and acquisition will begin this summer with an estimated construction and right-of-way cost of \$197 million. As well, the Habitat Mitigation and Monitoring Plan is scheduled to be finished by September 2008. Caltrans is also expect-

ed to have the necessary resource agency permits by June of 2009. With the proper permits, construction of the bypass is expected to begin in summer 2010 and completed in winter of 2014.

Caltrans said it “will continue to pursue addition State Transportation Improvement Program funds for Phase 2, which would complete the four-lane bypass project.”

For more information about the Willits Bypass, contact Project Manager Andrea Williams at (916) 274-0655, or by e-mail Andrea\_Williams@dot.ca.gov. Comments can be mailed to: Caltrans Project Management, Attention: Andrea Williams, 2389 Gateway Oaks, Suite 100, Sacramento, CA 95833.

Zack Sampsel can be reached at udjzs@pacific.net.

Blogger

Continued from Page 1

gated back to a very peripheral role as the Governor then re-engages with legislative Democrats on healthcare issues, and his international anti ‘global warming’ jihad,” Fleischman wrote in one typical post to the minority senators, who have unique clout over the budget because it requires a two-thirds vote. “So do the right thing.”

Fleischman has used such postings to buck up the 14 Senate Republicans who are holding firm against the budget despite intense pressure to vote for it from their own GOP governor, Arnold Schwarzenegger, not to mention countless newspaper editorial boards and interest groups urging them to do their job.

The Republican senators, in turn, are using the blog as their forum-of-choice to make the case for deeper spending cuts, fewer restrictions on development and other causes they’ve cited in not voting for the budget approved by the Assembly. As of late last week, 12 of the 14 GOP hold-outs had written for Flash Report (www.flashreport.org) during the budget debate - missives that draw instant praise from like-minded readers.

Flash Report’s role in the budget debate, some observers say, offers a striking example of how blogs are changing the political media landscape. Traditionally, politicians issue a press release or hold a news conference and hope the evening newscast or local newspaper

uses a snippet.

Now those politicians can log on to a partisan blog and post their thoughts in real time. The audience may be smaller, but it almost certainly agrees with them.

During an all-night budget session last month, one senator even posted from the Senate floor, reporting at 6:55 a.m. on a Saturday that it produced nothing but “a lot of tired and cranky senators.” The writings go directly to the site - no editing, no pesky questions from reporters, just the straight truth as they see it.

Dan Schnur, who served as communications director under Gov. Pete Wilson and advises Republicans on media strategy, believes some Republicans would have broken down and approved the budget absent the Flash Report. Two GOP senators are needed; so far only Republican Abel Maldonado has voted yes.

“Republican senators can get feedback and support on a real time basis that wouldn’t have been available to them five or six years ago,” said Schnur, who writes for the site occasionally. “You’re not just one of 14 people down in the bunker. That’s a lot of encouragement to keep going.”

Senate Republican leader Dick Ackerman of Orange County, the Republicans’ lead negotiator on the budget, said he has talked to Fleischman “probably every couple days” during the budget standoff (Fleischman said it’s been more like every day). An interview with Fleischman last week was interrupted by Ackerman, who called to give the blogger a heads-up about a brewing fight with Democrats over the attorney general’s efforts to curb global warm-

ing. Within hours, Ackerman posted an item on Flash Report.

There’s a simple explanation why Fleischman’s blog is the go-to site for California conservatives. They know him.

With nearly two decades of service to the state Republican Party, Fleischman has built a roster of GOP contacts thousands deep. One example among many: He met Ackerman in 1992, when Ackerman was a Fullerton city councilman and Fleischman was a junior aide to congressman Ed Royce. Ackerman officiated at Fleischman’s wedding last year.

“He has a high trustworthy quotient,” Ackerman said.

Dressed in khaki shorts and sandals during a recent meeting with a reporter - for whom he cut short a game of Tiger Woods video golf on his Xbox - Fleischman described himself as an “ideologue at heart.” He was raised, however, by a non-ideological Jewish family in West Los Angeles; his parents were registered Democrats (his father, a long-retired businessman, has since switched parties).

Fleischman was first drawn to the right during high school, reading conservative philosophers such as Russell Kirk and Friedrich Hayek. But

once those ideological stakes were planted, Fleischman had little patience for academia (he earned a degree in political science about four years ago, he said, because he promised his grandmother he would finish).

He enrolled at Santa Monica Community College and quickly became involved in Republican student politics. Back then as now, he delighted in tweaking liberals. Fleischman recounted one story that seemed to capture his essence: When People for the Ethical Treatment of Animals staged a hunger strike to protest drug testing on animals, “We set up a sundae booth across the way.”

Fleischman’s activism led to a series of jobs with GOP groups and politicians, culminating in his selection in 1999 as executive director of the California Republican Party. After that job ended in 2001, Fleischman went to work as a spokesman for the Orange County Sheriff’s department, and around that time he sent an e-mail to everyone in his contacts folder, opining on an issue he couldn’t recall. The Flash Report was born. For years, it was a free daily e-mail service; then, in October 2005, Fleischman launched his Web site.

Fleischman scored a coup early on when, in late 2005, he

was among the first to report that Schwarzenegger planned to hire a prominent Democratic operative, Susan Kennedy, as his chief of staff. Fleischman used his “rule of six” before he ran with the story. “If I hear a rumor from six different people, I don’t care who they are, I’ll probably run with it.”

A day after his Kennedy post, and before the Capitol press corps had been briefed, Fleischman received a personal call from Schwarzenegger explaining his decision.

Since then, Fleischman has taken what he started as a “labor of love” into a venture that generates enough advertising revenue to support his wife and soon-to-arrive son. (He also runs a one-man political consulting firm.) The advertisers, which are mostly in the political realm, pay \$325 per month, or significantly more for premium space.

Fleischman won’t say how much money Flash Report brings in, or how many people read it (the most specific he’ll be is that it draws more than the 12,000 people on his e-mail distribution list.) But it appears to make well north of \$100,000 annually - enough to allow him to quit his sheriff’s department job last year.

The budget standoff has been a high mark for Flash

Report, seizing on a rare moment in Sacramento when Republicans hold sway. Newspaper reporters have used it for insight into the Republican caucus, and turned to Fleischman for commentary.

Democrats, however, call the site inconsequential, though they do give Fleischman credit for making a go of it in the blogosphere.

“It’s a bunch of right-wingers talking to a bunch of other right-wingers,” said Steve Maviglio, a spokesman for Assembly Speaker Fabian Nunez, D-Los Angeles. Maviglio and other Democrats consulted Fleischman before launching their own blog last year, The California Majority Report. “The ultra right-wing has always felt the mainstream press is their enemy, so this gives them the opportunity to get the attention they never felt they could get.”

Even some Republicans worry that GOP politicians are leaning too heavily on Flash Report to spread their message.

“You have to speak to the broader electorate,” said Patrick Dorinson, a Republican communications strategist and former state party spokesman. “Whatever one thinks about the so-called mainstream media, you guys still buy ink by the barrel.”

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